



*The University Library
Leeds*

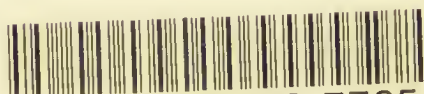


LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY

A How



3 0106 01122 7765

K-3

1855

121-

V9.



HOUSEHOLD COOKERY.



^h
HOUSEHOLD COOKERY,
_z

CARVING,

AND

DINNER-TABLE OBSERVANCES;

WITH

DIRECTIONS HOW TO GIVE A DINNER WITH ECONOMY
AND TASTE.



LONDON :

HOULSTON AND STONEMAN, 65, PATERNOSTER ROW ;
WM. S. ORR AND CO., AMEN CORNER.

MDCCCLV.

Digitized by the Internet Archive
in 2015

LIBRARY
162108

762108

CONTENTS.

CHAPTER I.

INTRODUCTION	pages 1—17
------------------------	------------

CHAPTER II.

THE DINNER-TABLE.—Table Linen—Napkins—Dinner-service— Glass—Laying or Dressing the Table—Cutlery—Dessert- Service	17—27
---	-------

CHAPTER III.

DINNERS AND DINING.—Ordering a Dinner—Fish—Patties—Poultry —the Roast—Vegetables—Removes—Game—Salads—Pastry —Attendance or Table-Service—Dinner Givers	27—37
--	-------

CHAPTER IV.

AUX GOURMETS.—Wines and Spirits	37—41
---	-------

CHAPTER V.

THE DESSERT.—Fruits in Season for every Month in the Year	41—44
---	-------

CHAPTER VI.

CARVING.—Joints—Poultry—Game—Kitchen Arrangements— Utensils for the Kitchen	44—60
--	-------

CHAPTER VII.

SOUPS	61—82
-----------------	-------

CHAPTER VIII.

FISH	82—98
----------------	-------

CHAPTER IX.

GRAVIES	98—100
-------------------	--------

CHAPTER X.	
SAUCES, Essences, &c.	100—124
CHAPTER XI.	
ROASTING, Broiling, and Frying	125—133
CHAPTER XII.	
BOILING	133—137
CHAPTER XIII.	
STEWING	137—145
CHAPTER XIV.	
MADE DISHES—Receipts for Dinners for every Month in the Year Hashes, &c.	145—160
CHAPTER XV.	
POULTRY	161—172
CHAPTER XVI.	
GAME	172—188
CHAPTER XVII.	
THE Preparation of Eggs	189—183
CHAPTER XVIII.	
VEGETABLES	193—211
CHAPTER XIX.	
SWEET DISHES, Decorations, &c.	211
CHAPTER XX.	
PASTRY	231
CHAPTER XXI.	
CONFECTIONERY and Preserves	238
CHAPTER XXII.	
LIQUEURS and Syrups	242

TABLE OBSERVANCES.

CHAPTER I.

INTRODUCTORY.

WE are told that our first ancestors eat raw herbs and fruits. How long this description of food was in fashion we are not informed ; but there is no doubt that the moment animal food became substituted for fruits and herbs, people eat meats that had undergone some culinary process. In 1921 B.C., we find a talk of savory meats ; thereby showing that the culinary art at that early period had made some progress. But we have few records of such ancient dinners ; and those mentioned by the Greeks and the feasts spoken of in Holy Writ would little interest the general reader, Authors tell us that before the introduction of forks, slices of meat were not served on plates, but on pieces of bread, which thus performed a double office ; and that people thus dined for several generations. Now-a-days, forks are articles of such genuine necessity, that we should hardly know how to dine as it is supposed was the fashion in the best society before their introduction. Use so becomes a second nature, that we find ingenuity taxed to its utmost.

At the time of the Conquest, dinner was served in the great hall ; where, at the upper end, a dais or raised table was placed for the lord, his family and friends. Below this sat the officers of the household and their friends ; and further down, the servants of the household and those of the visitors. The dinners, we are told, consisted of huge masses of meat served on wooden dishes or trenchers, and people eat off the same description of plates—some round, some square. Everything at this time appears to have been on a gigantic scale. We read of flagons of wine, and of sheep roasted whole ; and from

the size of the fire-places still extant, we see there was space enough to roast an ox—an operation which even now is sometimes performed upon any great occasions. Happily, however, this savage mode of feeding—not dining—has ceased in all civilized countries.

No where but at the Lord Mayor's feast and the Christmas dinner at the Palace do we find such enormous joints as Barons of beef; and there such curiosities of gastronomy find a place merely upon sufferance, and as relics of a feudal system more honoured, perhaps, in the breach than in the observance.

But our business is with the present, not with the past; and we desire nothing better than dinners as we find them to characterize the age in which we live. The nobles of England—and not only the titled nobility—are renowned for their *recherche* tables; and their dinners, in a national point of view, are unsurpassed by those of any country in the world. Everything connected with the *ménage* is in the most perfect keeping, and such as must contribute to the enjoyment and gratification of every sense of those who have the happiness to be present. All is of the very best, and served in the most exquisite style. The most accomplished French, Italian and English cooks are employed, and liberally remunerated; and hence there is not a dish, the production of any country, that does not find a place at these dinners, provided it has been pronounced good by the approval of the highest taste. Such dinners cannot be imitated; for they are unique in their every particular. We do not mean such a dinner as that given by the late Lord Colrairie to His Majesty George IV., when Prince of Wales, which consisted of three courses; the first being three roast shoulders of mutton, the second the same, and the third the same. But then this was done as a joke, and the dessert and the wines, which were laid out in an adjoining room, combined every luxury that could be produced. This dinner was given to create a laugh, and would, under any other circumstances, have been an insult, instead of an entertainment. We have also heard of other dinners given by the nobility of England to a select party of their friends, which would be considered almost as eccentric; but then to understand them, the circumstances and the tastes of the individuals invited must of necessity be taken into consideration; for we hold it as one of the greatest elegances of social life to give to those we invite to our tables what we know they like most, without alluding to the circumstance. We recollect the late Lord Harrington stating that during his attendance on George IV., as one of the Lords in Waiting, he happened to say he thought some peculiar dish the best possible

dish at a dinner, and that there was no wine like Burgundy; that ever afterwards, when in attendance, the dish and wine were placed near to him, but no allusion was ever made to the circumstance, lest he should have been compelled, against his inclination, to have caten of the peculiar dish, and then complained, with the French bishop, "Voilà! toujours perdrix." The late Lord Reay was celebrated for his dinners, which were considered as the *ne plus ultra* of good living; yet they simply consisted of turtle soup, a small turbot, a calf's heart, two side dishes, and a haunch of venison. No doubt such a dinner given by such a man as Lord Reay was perfect, everything being precisely as it should be, the best of its sort. But if we were invited to dine with what the French call a bourgeois, who gave us such a dinner, we should say that it was a bad attempt to ape his betters, unless he could bring together the same genial spirits, and infuse in it the same feeling that led to those particular dinners. And here we would lightly allude to the folly of imitation.

Whatever you do in the way of dinner, let it possess a charm peculiarly its own; and never attempt to do more than you can accomplish with the means you possess. As a maxim, we say everything is good if well dressed; and there is no earthly reason why the good things sent us by an All-wise providence should be spoiled. Thus, before a particular soup is ordered, be sure that the cook knows how to make it. If she does not, it had better be obtained from some house where it is known to be well made. We once received an invitation to dinner, there being written on the corner of the card "Turtle and Venison." Not being greatly enamoured with the establishment from which our invitation emanated, we took the precaution to lunch at two o'clock, and were laughed at for our folly. However, the laugh was turned later in the evening. The dinner was ordered for seven o'clock, and not served till half-past eight, and when it came—oh, ye gods! imagine simple boiled turtle with whole onions floating in the tureen! But what was still worse, the woman who spoiled it had left the cover off the kettle, and the soot had fallen in, and was so mixed with the broth—we dare not call it soup—that it was impossible to disengage the one from the other. The venison was charred black on the outside, and running, not with gravy, but blood, when cut into: it was perfectly raw. One of the party suggested broiling slices of the venison, for those who had made up their appetites for the turtle and venison to eat; and thus two of the best articles of food were spoiled from a want of knowledge on the part of the host. Now, had this unfortunate gentleman sent his

turtle and venison to a coffee-house, he would have been supplied with a sufficiency, and with the larger part of the rest of the dinner for what remained of these precious dishes; while his ridiculous exploit would not have found its way into print, or he himself held up as a proof of the folly of imitation. Now, this person had seen as many good dinners as any man living, and even knew how they should be ordered; but trusted too much to a £12 a-year servant, who, because she could cook a mutton chop or beefsteak, and such plain fare, thought she could accomplish what a real French cook would not have dared to try.

There is much to be said in favour of people who, with inadequate establishments, confine themselves to plain dinners, instead of attempting a display for which they have no requisites, no taste, and an insufficient fortune. No one need be ashamed of plain dinners if given with a hearty welcome, but an attempt to do that which cannot be accomplished is always ridiculous. We remember once being asked to a dinner by a gentleman who gave but one a year, and that upon his birth-day. We had a whole year's invitation, and were led to believe that the affair would be a most brilliant one. We had an eight miles' journey, and found a party of thirty persons assembled. After a tediously dull and stupid hour before dinner, we sat down at about six o'clock to the following: at the top, salmon; in the centre, soup; next the salmon was an eel pie, then a turbot; and then soup again; next the soup came a whole cod fish: next, stewed eels; and at the bottom, about twenty soles in a large dish, with their heads down and their tails in the air. On either side of the table were eight dishes of boiled potatoes and sixteen butter-boats of melted butter and lobster sauce, making in all thirty-two dishes of melted butter and lobster sauce and sixteen dishes of potatoes. The varied patterns of the sauce-boats and potato or vegetable dishes had a singularly funny appearance. As every one was expected to eat of all these dishes of fish, this course remained long enough upon the table to satisfy the most voracious appetite. After the removal of all this, a considerable time was necessary to get the things ready for the second campaign. At the top was placed a quarter of lamb; next, three boiled fowls; next, a pigeon pie; next to that, two salted tongues in the same dish, one of them being much larger than the other, which enabled one of the sons, before whom they were placed, to ask every one who partook thereof, "Which will you have, large tongue, or little tongue?" Next came three roast ducks; then a veal ham, another pigeon

pie, stewed lamb, three roast ducks, three roast fowls, and a large round of salt beef. On either side of the table, this time, were eight dishes of potatoes and eight dishes of other vegetables, and only sixteen butter-boats, all of melted butter. This was removed, and replaced by three guinea fowls at top, and a roast hare at bottom, with innumerable puddings and pies, to replace the potatoes and vegetables. During the repast, the lady of the house said: "Oh, Mr. ———, there are plenty more fowls down stairs." Now, let us ask any one if he would like to perpetrate such a gross dinner as this? and yet we make no doubt that should this work fall into the hands of any of the thirty people then present, they will not fail to remember the circumstances; above all this, the host thought he had done it well, and had he been asked, would have said "I do not think I ever saw a better dinner." Now, as we contend for the "eternal fitness of all things," we must condemn such a dinner as being most unfitting, especially in the month of May, to satisfy any hut hungry boys at a cricket match, or labouring men at a harvest home. We recommend all people rather to give a dinner every four months to ten friends, than once a year to invite thirty people, unless, indeed, to a dinner of state, or to a large family gathering. There is a maxim which ought, we think, to be engraved in letters of gold on the tablet of every memory:—

"That anything that is worth doing, ought to be well done."

Hence we say to all, whatever you do, endeavour to do it well. Whether it be in the choice of your house, your pursuits, your carriages, your servants, or your dinners, let all things be within your means; and do not, if you are invited to a friend's house where you have a good dinner, think it necessary to give a return dinner on the same scale, when you have none of the requisites at your command. Your friend will only be disgusted, and laugh at you, and consider that in your attempt you have not sought hospitality, but that you are actuated by a desire to outvie him; and instead of pleasing him, should you excel, you make him miserable,—and should you fail, he exclaims at once, "How much better it would have been had poor so and so given us a plain leg of mutton and a hit of fish!" Another thing must be here observed. All people do not possess the same fortunes. There are grades of fortune as well as of society; and before we can be expected to compete with a man of £5000 a-year, we should feel sure that we have the means at our command. To the man of large fortune, £100 is a small sum; but not so to the man

of restricted means. Keep, therefore, all entertainments within due bounds; never let pride get the better of prudence; and be quite sure that if your servant asks £10 a-year, she cannot be a professed cook. But when you dine with a friend who keeps a professed cook, be satisfied that he is contented with your company; praise his taste, and he will be more satisfied with such acknowledgments than by your giving him a bad dinner, badly dressed and badly chosen. We utterly condemn, and loudly protest against that prevailing spirit of rivalry which consists in trying to emulate those of larger fortunes. Because Mr. So-and-so has a new dinner service, why should you immediately purchase a similar one and discard the old one, which you think eclipsed? This is a species of madness which ought to consign the unhappy sufferer to a lunatic asylum. Choose well at the beginning, and be contented with what you have chosen; and do not attempt what you cannot afford, simply because some one who has more money has just bought something newer and prettier. We were told by a gentleman resident in Russell Square, that after a dinner party given by him, he received an invitation from one of his guests; and that two or three days before the time named, the lady called on his wife and postponed the entertainment, because her *marchand de porcelaine* had disappointed her in sending home a new dessert-service like the one she saw at our friend's house, but which she had ordered to be more highly gilded than the original!

There is another folly,—that of expending inconvenient sums of money in entertainments. There is nothing more necessary, or adds more to the charm of life, than elegant *réunions*, if properly understood and carried out. But elegance does not necessarily involve extravagance. It is an old maxim that what is enough for two is enough for three, and so on in proportion. Why, then, cannot persons of moderate means content themselves by asking two or three people at a time, and providing them with a neat little elegant dinner? This might be done occasionally without any great increase of family expenditure. But no! such a course would not accord with the pride, the pomp, and love of display, to satisfy which it is necessary to give large dinners, to have all the best things brought out, additional servants hired, and a grand monotonous table set forth to catch the eye, but not always to entice the appetite. Enormous waste and ridiculous extravagance are made to supply the place of taste and judgment— income is exceeded and, by-and-bye, friends, (?) as they coldly pass, exclaim that “it is not to be wondered at when such dinners were given!”

There is also another extreme—that of closing your doors entirely, and never receiving a single being—always giving as a reason your not being able to afford to entertain. We knew two old ladies possessing £3000 a-year, who never, upon this principle, admitted a cat within their doors, as the French say; but still they managed to expend their incomes, because they had what they wanted, or rather thought they wanted, regardless of expense. We have known them send for two large dishes of strawberries when they were sold at eighteen shillings an ounce; we have known them purchase capons at eighteen shillings and a guinea a piece. They would not have a cook at £30 or £40 a-year, but gave £12 to a spoiler of food, and yet their butcher's bill was enormous. Now, it is the *juste milieu* that people should aim at. If they go to either extreme, they are equally sure to be laughed at. Take the middle course. Attempt nothing you cannot attain, and then, with a little care and attention, what you do will be well done; and, in conclusion to this our first chapter, let us impress on all people that the charm of all houses is to make home happy, and, in fact, the happiest place in the world—and for this purpose, you must have order, regularity, and punctuality in all things.

Order is a great word in France. The French proverb says, 'Where there is no order there is no economy; and most true it is. Everything you possess ought to have its proper place and its proper use. Without this, all is lost. In the word order is included cleanliness. When a man takes off his coat, he can as easily fold it and put it away as he can throw it on a chair; it is no more trouble, and his coat will always look well, and last twice as long. It is only necessary to persevere for a month to find that use is second nature. In the same way, let every one who has a house take care that the table-linen shall have a place by itself, and never give out the clean until the dirty is returned. Never give out more glasses than you require for the use of the family; or you will find that your servants will break them all, and never tell you of it till a day on which you have a party, when they always take the opportunity, knowing that you have not time to scold them. Always keep your glass in the dining-room, in a closet appropriated for the purpose; in fact, let everything have its proper destination, and then you have everything ready when you want it, and this saves a great deal of trouble.

Regularity is another thing without which you never can be well served. We have some friends who carry their regularity to such a pitch that they know the time exactly by the entry of their several meals. In fact, everything should be regular. But above all, every

mistress of a house should regularly visit her larder, her kitchen, and her store-room, every day after breakfast, regulate all things herself, and give out what she requires to be used; and this, too, if she keep a housekeeper, for although she need not suspect, it is well that she should look after her own interest. No paid servant, however honest, can have your interest so much at heart as you yourself; and if your own interests are not worth looking after, how can you expect your servants to do so? Again, it is your duty, never mind what your station in life may be; if you do not perform it, others scarcely will. Every one of the great human family has his duties; and those who are better educated are bound to set examples, and consequently are more bound than those below them.

Punctuality is not the least of our duties, whether it be in respect to the due payment of debts, servants' wages, or the always being ready for what we order at the time we order it. If you order dinner one day at six o'clock, and do not come home to eat it till seven, you do an injustice to your cook, and destroy the power of finding fault with her if you should, the next day, order it at six and she should not serve it till eight. We are all prone to get angry if our orders are not obeyed, and we are kept waiting for our dinner; but we are apt to think nothing of keeping it waiting ourselves. We give no thought for the temper of others, and vent our own ill humour upon our innocent and unoffending servants; but let a lady try one day's cooking herself, and then see if her temper is as mild as it would have been if she had employed herself in needlework all day. Of all people, cooks are most to be pitied; they are exposed to the heat of the fire, fear of not succeeding, and the anger they will have to bear if anything goes wrong. Well would it be if mistresses would remember that all are members of one family,—all prone to the same passions, the same tempers, the same feelings, and the same dispositions. Let them look, therefore, more severely into their own faults, and more leniently into the faults of others; have a kind consideration for those they employ, who then will have a kind consideration for them. Let mistresses never take a liberty, and we will promise their servants will never take liberties with them. To govern servants well, we must first learn to govern ourselves. Above all, let mistresses make their homes the most comfortable places in the world, and then they will never find their husbands anxious to dine at their "Clubs", or in the "City." Let them take care that everything they have is good and and proper, and served in such a way that if the husband should have a truant disposition, he will always declare, "I never get anything so

good as I do at home." This is the secret of happiness; for, although many people say, "I do not care what I eat," we never saw one who did not prefer things well-dressed and well-served, to the reverse. It is not a very great deal of trouble to follow the rules we have here laid down, and we will promise to those who do so that a great reform will take place in the happiness of the lady of the house, in the temper of herself, and of her husband.

CHAPTER II.

THE DINNER-TABLE.

It has long been a matter of contested opinion as to the form of the dining-table. Some incline to the long table with rounded corners; some to an oval table; and some to a round or octagon table. The round table is most conducive to comfort and conversation. It should be of mahogany or oak. If of oak, all the furniture of the dining-room should correspond; not only the chairs and sideboard, but the glass should be antique, engraved not cut; the plate also should be old-fashioned, and the dinner and desert service of Dresden china. If of mahogany, the rest of the furniture should correspond, and then the plate, glass, and china may be modern. The table, if a long one, should be four feet wide. The chairs should be comfortable, well stuffed, and to match the table.

For comfort and elegance we think that never more than ten should sit down to dinner, and we give the preference to eight; all above ten divides the party, and destroys general conversation. The dinner-table should never be French polished. If rubbed for one hour a day with linseed oil and soft cloths, and always after dinner, it will soon have a higher and more lasting polish than all that can be given by other means. We recommend the table to be covered with an oil cloth during meals; but before laying the table a woollen cloth should be placed over the oil cloth, and then the damask table-cloth on that. When the white table-cloth is to remain on the table, as is now so generally the fashion, then a smaller cloth should be placed over the permanent table-cloth, and removed before the dessert is placed on the table. And here let us speak generally of the whole furniture and management of the dining-room. In England, these rooms are so much alike in shape that we need not treat on that

subject more than to say that, with taste, the room can be improved. The colour of the walls should be of a light green, very nearly white. The carpet should be either a Turkey or an Axminster. The curtains brown, red, or green. The walls should be adorned with well-chosen pictures; or if furnished in oak, the table, the chairs, the sideboard, and the sarcophagus should be of the same material. Every dining-room should have a three-leaved screen to place before the door when the company are seated; and behind the screen should be placed a table, upon which servants may conveniently place various things. A lamp should hang in the middle of the room, for plenty of light is indispensable.

The sideboard should be exceedingly well arranged and well understood. However good the effect may be, we set our faces entirely against the modern innovation of making this article with a looking-glass at the back; we do not deny its effect, but we think that a looking-glass should never enter a dining-room. In the drawing-room, the boudoir, or even at the top and back of the bed, if such a fancy exists, let there be looking-glasses,—but not in a dining-room. With mahogany furniture, it is an innovation,—with oak, decidedly out of place and in bad taste. The size of this article of furniture must depend on the size of the dining-room. On giving a dinner, the top of the sideboard should be covered with a beautifully white damask cloth, which, however, should not hang over the front; on this should be arranged tastefully the articles of plate destined for the service of the dinner—such as silver waiters, candelabra, spare ice pails, knives, forks, and spoons. Such wine as is intended to be served at or after dinner, and which is not to be placed upon the table, the wine glasses, for the after-dinner service; and, if there be sufficient room, the desert-plates, with the d'oyley, knife, fork, dessert spoon, and the wine glasses in each plate. The sideboard should always be well lighted, either with two lamps of two burners, or with two branches, each holding two or three wax candles. If there be not room on the sideboard, it is usual to have a long table, such as a writing or sofa-table, placed near to it, on which should be placed the dessert and the dessert plates. All the wine intended to be iced should remain in the sarcophagus, in which the ice should be placed one hour and a-half before dinner-time; but neither red wines nor Madeira should be cooled.

THE TABLE LINEN must be beautifully white,—the pattern does not signify; but all table-cloths, napkins, and over-cloths should be of the same design. Nothing looks so bad as a table-cloth of one pattern, the *napron*, as the French call it, of another, and the napkins

all different, for no repast is served in France without napkins. The lower orders frequently dine and breakfast without table-cloths, but the poorest person has his napkin. Now, in England, how often do you see in the houses of independent genteel people, dinner and breakfast served without these accompaniments; and if you do find them, or rather apologies for them, they consist of little abortions, about a quarter of a yard square, only fit to put over the strainer upon which fish is served. The napkin is an indispensable article, both for dinner and for breakfast. What can be more vulgar than wiping the mouth upon the table-cloth; and yet what can be done if no napkins are placed upon the table.

Dinner-napkins should be about twenty-eight inches broad, and thirty inches long. They may be folded in a variety of ways, which impart style to a table, without adding much to the expense, and may be readily accomplished with a little practice and attention to the following directions and diagrams.

1. *The Mitre* (Fig. 1).—Fold the napkin into three parts, longways, then turn down the right-hand corner, and turn up the left-hand one, as in Fig. 2, A and B. Turn back the point A towards the right, so that it shall lie behind C; and B to the left, so as to be behind D. Double the napkin back at the line E, then turn up F from before, and G from behind, when they will appear as in



Fig. 1.

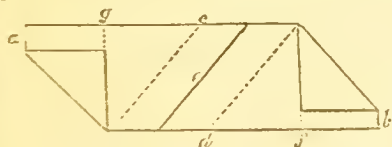


Fig. 2.

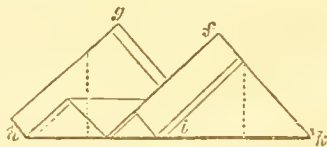


Fig. 3.

Fig. 3. Bend the corner H towards the right, and tuck it behind I, and turn back the corner K towards the left, at the dotted line, and tuck it into a corresponding part at the back. The bread is placed under the mitre, or in the centre at the top.



Fig. 4.

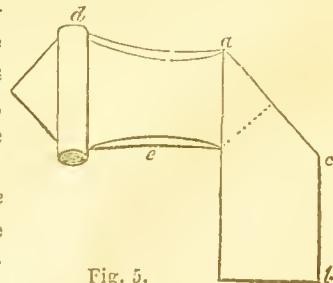


Fig. 5.

2. *The Esquisite* (Fig. 4).—Fold the napkin into three parts longways, then fold down two-fifths of the length from each side, as in Fig. 5, at A; roll up the part B towards the back. repeat on the

other side, then turn up the corner towards the corner A, and it will appear as D. The centre part E is now to be turned up at the bottom, and down at the top, and the two rolls brought under the centre piece, as in Fig. 4. The bread is placed under the centre band, K, Fig. 4.

3.—*The Collegian* (Fig. 6).—Fold the napkin into three parts longways, then turn down the two sides towards you, so that they shall appear as in Fig. 7; then roll up the part A underneath, until it looks like B, Fig. 8. Now take the corner B, and turn it up towards C, so that the edge of the rolled part shall be even with the central line; repeat the same on the other side, and turn the whole over, when it will appear as in Fig. 6. The bread is placed underneath the part K.



Fig. 6.



Fig. 7.

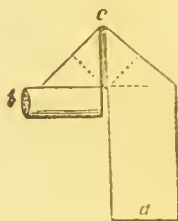


Fig. 8.

4. *The Cinderella* (Fig. 9).—Fold the napkin into three parts longways, then turn down the two sides, as in Fig. 7; turn the napkin over, and roll up the lower part, as in Fig 10, A, B. Now turn the corner B upwards towards C, so that it shall appear as in D; repeat on the other side, and then bring the two parts E together, so that they shall bend at the dotted line; and the appearance will now be as Fig 9. The bread is placed under the apron part, K, Fig. 9.



Fig. 9.

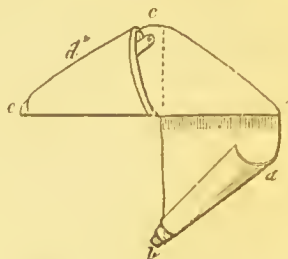


Fig. 10.

5. *The Flirt* (Fig. 11).—Fold the napkin into three parts longways, then fold across the breadth, commencing at one extremity, and continuing to fold from and to yourself in folds about two inches broad until the whole is done; then place in a tumbler, and it will appear as in the illustration.



Fig. 11.

6. *The Neapolitan* (Fig. 12).—Fold the napkin into three parts longways, then fold one of the upper parts upon itself

from you; turn over the cloth with the part having four folds from you, and fold down the two sides so as to appear as in Fig. 7; then roll up the part A underneath, until it appears as in the dotted lines in Fig. 15, at B. Now turn up the corner B towards C, so that the edge of the rolled part shall be even with the central line: repeat the same upon the opposite side, and turn the whole over, when it will appear as in Fig. 12; the bread being placed underneath the part K.

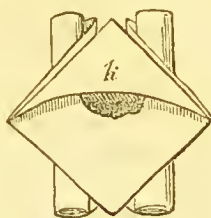


Fig. 12.

7. *Our Own* (Fig. 14).—Fold the napkin into three parts longways,



Fig. 14.

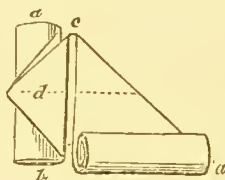


Fig. 15.

then turn down the two sides as in Fig. 7, and roll up the part A on both sides, until as represented on the right-hand side in Fig. 13; then turn it backwards (as A B) on both sides; now fold down the point C towards you, turn C over the napkin, and

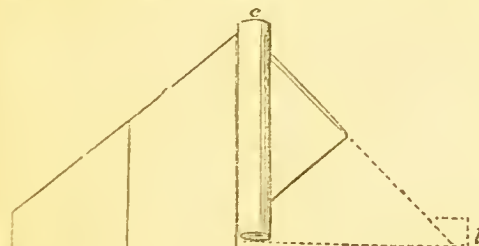


Fig. 13.

fold the two other parts from you so that they shall appear as in Fig. 16. Turn the napkin over, thus folded, and raising the centrepert with the two thumbs, draw the two ends (A and B) together, and pull out the parts (C and D) until they appear as in Fig. 14. The bread is to be placed as represented in K, Fig. 14.

fold the two other parts from you so that they shall appear as in Fig. 16. Turn the napkin over, thus folded, and raising the centrepert with the two thumbs, draw the two ends

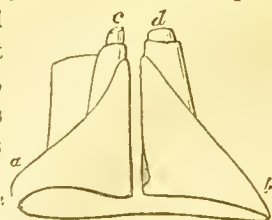


Fig. 16.

PLATE.—Thanks to the civilization of the age, we no longer see the miserable, three-pronged steel fork. It has passed away, and we

have now the more useful four-pronged instrument with which, if of electro-plate, you may believe at least what Mr. Dickens puts into the mouth of the small marchioness:—"If you fancy a great deal," you really may think you're eating with a silver fork. Plate is in one sense a great luxury, which falls only to the rich. But at the same time it is economy; because it does not break, and looks better than earthenware or china, but as we have before said, having an intense regard to the eternal fitness for things, corner dishes and a dirty-faced servant girl do not go well together. With a boy in buttons corner dishes are admissible; and with a footman corner dishes and dish covers, wine coolers, &c.; but it requires a butler and one or two footmen to have a regular service of plate,—that is, to keep it in order and to use it every day; for we hold it the quintessence of vulgarity to have what is commonly called "best things." We never had any "best things" but once, and that was a set of tea things. Those were all broken at one fell swoop; and we then declared we would never have a best thing again, and we kept our word. The service of plate must depend on the fortune. A man of large fortune can afford to have a more splendid service than a man of small fortune. Presuming upon the existence of the means, we should suggest as necessary:—a plated soup tureen (silver, we think extravagant, because its only wear is in the cleaning); six silver dishes (*i.e.* meat dishes, one of which should be a well dish, with place for hot water, or a lamp or mortar under it); six plated dish covers; four vegetable, as they are called, or as we should call them, "entrée" dishes; one dozen silver plates; one dozen soup plates; two dozen table spoons and forks; one dozen desert spoons and forks; two dozen tea-spoons; six salt cellars and spoons; two gravy spoons; one soup ladle; four sauce ladles; one fish slice, or knife and fork; two sugar lifters; one pair of asparagus tongs; a pair of sugar tongs; three silver waiters, two small, and one large; coffee and tea-pots; sugar basin; milk-pot; tea-kettle, and lamp or tea-urn; four candlesticks with branches; two or three bed-room candlesticks; four ice pails; and six decanter stands. With this service, handsome dinners may be given to twelve persons. If the means do not exist, stick to forks and spoons as the really indispensable, and none need be ashamed that they have nothing more, or if these be merely plated, even if detected—which is unlikely—no one will be rude enough to remark upon it; and if they do, tell them to give you better, and you will thankfully use them. But do not, if you have only six forks and spoons in the world, tell your friends that the rest of your plate is at the banker's, because

you are thinking of going abroad—as a man once told us so, and we knew he was lying. Or, do not say, “I was so afraid of thieves that I sold all my plate, and purchased German silver, for fear I should be robbed.” This is a species of falsehood that does not even serve the moment, however great a fool you may take a man to be; he will see through you, just as if you were made of glass, and will go home and tell his wife, if he have one, what a shallow-pated fellow you are. But if you have none of these things, and do happen to have steel three-prong “diggers,” sell them, or give them to the first beggar that asks for charity, and buy plated or German silver forks. We advise this on two grounds; first, because we think it disgraces mankind to use such things, and, secondly, because he who uses so dangerous a weapon must eat with his knife, and so endanger his life. Brummel being once asked after an acquaintance, replied he was dead. “Indeed,” said his friend, “how long since did he die?” “Some time,” was the reply; “he must have been dead for some time. He eat peace with his knife, and I am sure he must have cut his throat by this time.”

THE DINNER SERVICE.—In France, every one, from the Emperor to the peasant, has white dinner services; but do not mistake, we do not mean the white plates of England, we mean French china; these perhaps, in the houses of the great nobility, may have gilt edges, but with or without, they certainly have a beautiful effect. In England there appears to be a prejudice against them, but they are infinitely preferable to the “willow pattern” and its monstrous devices; and were they more known they would be in common use. In this country a very pretty dinner service may be purchased for about £2 10s. plain, and with gilt edges for about £4 10s. to £5. A dinner service, however, may cost two or three hundred pounds; but that is not here the question; what we wish to urge upon the subject of plates and dishes is, that if the dining-room be furnished in oak, the dinner service should, as we said before, be of an antique pattern; that if plate be extensively used, it should be that which will accord with it; and that if your pretensions be humble, and your table unassuming, let your china be equally simple. But whatever you may have let there be plenty of it, and eschewing what are called cheese plates, never purchase them; the smallest plate you want is what is called a dessert plate, anything smaller being only fit for ice. Where there are plated corner dishes, china ones are not required; the same with the soup tureens and sauce boats. This last article is never used in France, because the sauce is always served

with what it is destined to be eaten with, and consequently the second cooking at the table is avoided.

GLASS.—Nothing has a more pleasing effect upon the table, or sets it off to greater advantage, than good glass, carefully cleaned and sparkling in brilliancy. Its fashion and form are very varied, and when of a fine quality and well cut and polished, it is most beautiful. Like table linen, all the glass should be of one pattern. Unhappily, chiefly from its liability to break, it is a very expensive item in housekeeping. Perhaps the most beautiful—although it is hard to choose—is the engraved and polished glass in imitation of the old Venetian; and next to it is that perfectly plain, neither cut nor engraved, but polished. But all is beautiful; and it is only necessary to avoid that which is blown and moulded. The decanters and claret jugs, tumblers, goblets, wine glasses, hock and champagne glasses, water bottles, glass sugar basins, liqueur frame and glasses, should all correspond, and be of the same form, style, and pattern; for any difference in pattern or style destroys the harmony of your table. Upon no account mix good and common glass together, the one eclipses the other, and shows the poverty of the land.

THE CUTLERY should always be good and beautifully clean. In England, where dishes are carved upon the table, three carving knives and forks, poultry knives and forks, and large and small knives according to your family's wants, are requisite. Five or six dozens of large knives, and two or three dozens of small knives, are essential; because servants cannot be expected to clean knives while waiting at table. The handles of the knives, according to your means, should be either silver, plated, ivory with silver ferules, or simply of ivory. The dessert knives and forks should be silver, with what handles suit your taste, and if your dessert service be of ancient china, so your dessert knives should correspond, as the mixing two styles together should never be attempted—it is the worst possible taste.

THE DESSERT SERVICE should either be very rich and handsome, or perfectly plain. The old Dresden is what we prefer, but the beautiful designs that are now made in England are so varied and so well arranged, that none but connoisseurs who appreciate the various old Dresden, Sevres, Japan, and old Chelsea, can tell the difference; and as the modern is so much cheaper, it is better to select from it. In France the dessert service is very different to that in England, the two largest pieces being flat dishes on a foot, standing about twelve inches high, on which the fruiterer arranges the fruit in season in a most tasteful group. This has a very pretty appearance, for the

group consists of grapes, pine-apples, peaches, apricots, nectarines, apples, pears, and oranges, and so arranged that all the exterior fruits can be detached without knocking down the group, and yet all is firmly fixed. This is commonly done by the fruiterer, who makes no additional charge for the arrangement; but we have never seen anything of this sort in England.

LAYING OR DRESSING THE TABLE is so well understood by all good English servants, that few need instruction on this point; but for those who have not experienced servants, we propose to give such rules that every one who runs may read. First, then:—The table having the oil-skin cover, with the woollen cloth or common table cover over it, should have a fair white damask table-cloth, and the creases made in the folding of the cloth should be so arranged as to go from head to foot directly in the centre of the table. The cloth should be smoothed down to the table as much as possible; over this should be placed what the French call a *napron*, or smaller table-cloth, of the same pattern. To each guest should be laid a table-napkin, folded according to taste.* In France, they fold every other napkin like a fan, and put it in the long champagne glass, and the other one made to stand up in the plate, so that one plate is without a napkin and one plate with; but we recommend all the napkins to be folded alike. In the napkin should be placed a small roll, and to each place should be laid a plate and a soup plate, and the napkin put on the plate. On the right-hand side should be placed a knife and spoon; on the left-hand side should be placed the fork; on the right-hand side the cooler, wine-glass, hock and champagne glasses, and the carraff and tumbler. At the centre and four corners should be placed salt-cellars and salt-spoons, and to each salt-cellar, or rather at the side, two ordinary table-spoons. In France the centre of the table is always adorned with a plateau, either in silver or or-molu, the interior of which is of looking-glass, and on this plateau is laid the dessert. This has been tried in England, but is not much followed. The ice-pails or wine-coolers, when used, should be placed one near the top, that is, sufficiently near to admit of the dish being placed before it, and the other at the same distance from the bottom of the table. If there is an *epergne*, it may be placed in the centre of the table, to hold salad; but we do not admire flowers being placed in the *epergne*, because we do not eat flowers, and we think that all things used at a dinner-table should be used for holding things to eat or drink. Bottle-stands should be placed near to the salt-cellars, to

* See pages 19, 20, 21.

hold your small decanters filled with sherry; light wines should be in your ice-pails, as likewise champagne, if any. Now, if you have not these things you are not obliged to get them; but then do not attempt a great dinner; by that we mean, only give a plain dinner to a few friends, and then let your arrangement be as near to our directions as circumstances will permit. We have given these directions upon the presumption that you have the things we mention, but if you have other and better things, we do not say they should not be used, nor do we mean that you should not receive your friends unless you have all the things named.

CHAPTER III.

DINNERS AND DINING.

ORDERING A DINNER.—The French say, “*les animaux se repaissent; l’homme mange; l’homme d’esprit seul sait manger.*” This is strictly true; and we frequently see people invite their friends to dinners too gross for dogs. We were once asked to dine with an Irishman of large fortune; we accepted, we went, and we saw a table badly laid, and worse served. It consisted of a leg of boiled mutton, without sauce, and done to rags; one vegetable dish full of turnips and carrots, not mashed but whole; a goose, roasted to a cinder, without apple sauce, and stuffed full of unhopped onions. This was eaten by some of the party; either together, that is, mutton and goose on the same plate, and, by others, first a slice of mutton then a slice or rather a member of the goose, then more mutton and more goose. This, with two dishes of boiled potatoes, formed the meal; we exclaimed, “*Dis moi ce que tu manges je te dirai ce que tu es.*” This was in the land of cooks, and in the midst of plenty. Now, we do not expect to teach such a man as this, who for days after talked of his meal, as a “magnificent dinner.” Truly his fortune might have been in better hands.

SOUP.—We think that sufficient stress is not laid on the necessity of providing soup for all dinners. Without soup there is no dinner. On the score of economy, we say, have soup every day; on the score of health, we say have soup every day; on the score of elegance we say have soup every day; and when we further add that we once

asked a servant what sort of a person her late master was, and she replied, "Ah, sir! a real gentleman! he has soup and fish every day;" our readers will think, with us, the point for ever settled. We know this must influence a great many people, as it did ourselves; not that we place much reliance on the opinions of others, but prefer much to form our own. At any rate, we insist upon soup as the first necessary for a good dinner. In France, it is indispensable; and a Frenchman would as soon think of sitting down to dinner without napkins and glasses as without soup. No class dine in France without soup; and we believe that a Frenchman would rather forego, and rightly too, all the rest of the dinner than his soup. The first part of dinner must, then, be soup. There may be dissentient voices, still we say try the experiment, before venturing upon a decided opinion. We will give ample opportunity for selecting the soup, for we will describe many, and these all of the best kinds; but for ourselves, and for a dinner-party, we must say we have a predilection for white soup, which, if well made, is a general favourite. But let it be hot and well made; and soup well made never requires anything but eating,—neither salt or pepper. A good cook, a real *artiste*, would be annoyed to see additions made to soup. Served with your soup, you should have

FISH.—To say what sort of fish, would be to fetter the taste; as a general rule, fish that is most plentiful, for then it is in the best season, and what is more, cheapest, should be selected; but any fish well cooked and well served is good. If a turbot, it must be a small one,—what is called a chicken turbot is the best; if salmon, the larger the fish the richer; if eel, to have it in slices is by far the most elegant form, and these should be from a large fish. Fish must be peculiarly well cooked and served:—hot, upon a napkin, with appropriate sauces, in butter boats, and fit to be eaten without any additions. The English custom of cooking and messing at the dinner-table is abominable. It was very well in George the Fourth's time, but it is *rococo* now, and not of sufficiently ancient date to command our veneration and respect as a relic of antiquity. Those people who delight in *entrées* of fish, will do well to study our ninth chapter, in which we introduce all the French modes of cooking fish. These are very numerous; as, during Lent, in many houses the dishes are confined to fish and vegetables, or what are called *mets maigres*. On this subject, however, we must not be too curious, or seek to pry into the modes in which some people reconcile *jours maigres* with fastidious appetites. At a splendid dinner given by the Legate of Avignon to

the Prior of Chartreux, a superb fish cooked to perfection, and likely to have tempted the Pope himself had he been present, was handed to the Prior. He helped himself, and was on the eve of eating, when one of the brothers said to him, "My father, do not touch that, it is not *maigre*; I went into the kitchen, and I saw things that would make you shudder; the sauce that you fancy is made from carrots and onions, is made from ham and rabbits." "My brother, you talk too much, and are too curious," replied the Prior; "the kitchen is not your place, and curiosity is a grievous sin."

PATTIES, which may be made of oysters, lobsters, prawns, shrimps, meat minced fine, or in France what is called a *vol au vent*, should be served after the fish and soup, and while other servants are engaged in bringing in the removes. It is almost useless to attempt making these things at home, unless the cook is an *artiste*, who cooks well and is equally *au fait* at pastry, a rare combination of talent. In large establishments, especially in France, there is always a pastry-cook as well as a cook. Where this is not the case, it is as well to procure the pastry from the confectioner's, and provide it the day before it is required. This saves hurry and often disappointment; while by placing pastry in a slow oven for half an hour, it will be just as good as when fresh made. This is a secret worth knowing; but then, care must be taken that patties, &c., do not take too much colour, and this is to be effected by placing writing paper over them when in the oven.

THE ENTREES, or made dishes, should be well arranged, well chosen, and well cooked, or a dinner is much better without them. They should never be attempted unless sure of being accomplished, for nothing can be more wretched than the miserable efforts frequently made to produce side-dishes. They seem merely for show, and are frequently unfit for human food. Imagine placing two simply boiled pig's chitterlings in a silver corner-dish, or a sheep's heart, simply roasted, in another. This is a perversion of the term "*entrée*," which should be something *recherché*; such, for instance, as sweetbreads larded, and done either in white sauce or brown; *poulets à la Marengo*, *cutlets à la Soubise*, &c. But a glorious list from which to choose we have elsewhere provided, and merely here remark that game can be served as *entrée*, provided it is cut up and arranged with sauce. In fact, the *entrées* are so varied and so good, that in France men dine upon the *entrée*, and not on the *roti* or *pièce de resistance*, which is taken in very small quantities. It is agreeable to suit the tastes of guests, by ordering any *entrée* which they are

known to like, while to do so conduces much to the charm of all entertainments. If people are invited to dinner, and get that which they neither like nor can appreciate, even if it be the best and most expensive dinner that can be obtained, they are dissatisfied and discontented, cross and stupid. The host has spent his money unprofitably, and received neither credit or thanks. The tastes of guests must be studied, and it is a great compliment to provide for a friend that which you know he likes.

POULTRY, which forms, according to the French, the fortune of our larders and the ornament of our tables, is a consideration of much importance as concerns a successful dinner. But the English mode of boiling fowls is almost an act of absolute barbarism and want of civilisation. It is vile taste in cooking, and shows utter ignorance of the culinary art. The best cooked poultry is either larded and roasted, stuffed with truffles, or as a made dish. We, however, do not mean to assert that a boiled fowl with celery sauce, done to perfection, is by any means to be despised, while it certainly forms a pleasing variety. But it is not suited for every day, or for every party, and shows a sad poverty of idea. We refer our readers, therefore, to Chap. XIV., for all the various modes of dressing this large class of the luxuries given to enrich our dinners. In England, poultry is generally used as a means of introducing upon the centre of the table either a Lam or a pickled tongue, either of which is excellent, if well cooked—but otherwise execrable. If you have not a good cook, ham should always be enveloped in a flour and water crust and sent to the baker's. A tongue should never boil, but simmer for four or five hours, and it then should be glazed and garnished; it will please both the eye and the palate. But full directions will be found in the proper place, for the curing and dressing of both these articles of food.

THE ROAST, or, as the French call it, "*la piece de resistance*," is that which completes a French, and makes an English dinner. The best is a haunch of venison; and the next best is a saddle of mutton. But both must be done *au point*—to a turn. A saddle is better than a haunch of mutton; but this depends upon taste. In France, a capon stuffed with truffles, or a turkey stuffed with truffles, is at grand entertainments considered the most *recherche*; but for an ordinary dinner, a leg of mutton, with what we consider the shocking addition of a clove of garlic put into the knuckle before roasting, is the ordinary roast. Roast beef is often introduced if English people are invited, as it is a common notion in France that an Englishman lives entirely upon that joint, and cannot dine without it. But delicate tastes, even in

England, do not much admire roast beef; and except at Christmas time, it is seldom seen at the tables of fastidious persons; but there certainly is no reason why it should not be introduced where it is admired. If it be, it should always be garnished with horse-radish, and served with sauce of the same kind.

VEGETABLES should not be placed upon the table; they should be handed round, and we prefer them in dishes with compartments, in which four sorts can be offered at the same time. We think it, however, a more preferable mode is to eat vegetables by themselves than with meat, except when they garnish the dish with which they are appropriately served. For example, a *fricandeau aux epinards* is excellent if well cooked; or *des pigeons en compote*—that is, stewed pigeons with green pease—and many others which will be hereafter fully described, with all proper directions.

THE REMOVES generally consist of game in place of the roast, or if not in season, ducklings and green pease, or guinea-fowls and asparagus; *macaroni salamandred* in place of the poultry; a pudding in place of ham or tongue; and tarts, jellies, and blanc-manges to replace the *entrée*;—all or any of these may be varied according to the taste of the founder of the feast. Some persons prefer an omelet to macaroni, which, if well made, is perhaps one of the best of dishes; but we confess our fear of experimentalizing on this in England, where it is so seldom eatable. With soup and an omelet, we pity the man who cannot make a dinner—that is to say, in France; but the miserable attempts at this most simple and most excellent dish at home rather nauseates than pleases either the eye or the palate. We have given particular directions for preparing and cooking this most easy and agreeable dish; and if the veriest impostor who ever called herself a cook will only follow them, we promise that she cannot fail to achieve the desired results. But will she follow? Will she try? It is curious how the ignorant dislike being told or taught. The well-educated, on the contrary, are delighted to learn that which they do not know; and we make the remark in the hope that it will excite the trial. Cooking, although a high art, is simple; and anything beyond simplicity spoils the very object a cook should have in view.

GAME should be *sweet*—that is, well kept—but certainly not putrid. It is a great mistake to think that very high meat or game is good for anything but to throw into the dusthole; and not even there, unless the dustman is sure to remove it immediately. Great discrimination is required to serve game in perfection. For instance, when perfectly good, grouse frequently abound with white maggots; these should be

carefully taken away, the bird well washed, and cooked immediately. Woodcocks, snipe, and golden plover should be cooked as fresh as possible—the better if soon after they are killed, and before getting cold. Every description of game can be served at table, if dressed as we direct in our fifteenth chapter. During the game season, a dinner is not complete without it; and those who fancy that they give a dinner at which there is no game deceive themselves. It may be served with the second course as an *entrée*, or with the third as a *roti*. In England game concludes the dinner; while in France it often forms the *roti*.

SALAD is not very much used at English dinners; but is always in France. There, like the soup, it is indispensable, and always enters alone. The French cultivate salads for all seasons; and there is not a day of the year that it is not found at the tables of every class. A grand dinner is incomplete without a finishing salad; and it frequently happens that one of the *entrées* is a *salad de volaille*—an excellent dish, not unworthy an Emperor. It is generally served with a sauce called a mayonnaise, for which see directions; it is a most delicate incentive of the appetite, forming at the same time a cooling dish after the soup, fish, and one or two *entrées*, and admirably preparing the digestive powers for what they have still to undergo. We have high authority for using salad. Horace tells us—

“*Lactuca innatat stomacho.*”

PASTRY, to be good, involves very high art; and should be as well dressed as the rest of the dinner. Fruit-pies should never be seen at a gentleman's table; that is, a pie with a cover to it, such as some people call an apple-tart; but a tart is a crust upon which fruit is placed,—a pie, fruit or meat, is placed in a deep dish, covered with a crust, and baked. A pattie is irrespective of the dish; it is baked in a tin, from which it is taken off before sent to table. A tartlet is the same as a pattie, smaller, but open like a tart. The Italians are the best pastry-cooks; next come the French; last of all, the English. The Swiss, perhaps, make the best ices. The most delicious tarts in France are those of fresh strawberries, or ripe grape tarts. But fancy an English cook making a grape tart! Unless, indeed, she has studied our Handbook of Cookery, and her mistress will provide all things necessary. Blanc-mange—a dish of French origin—is now disused and little known in that country. This should be well made; and there is no excuse for its being bad,

because, being placed in the mould in a liquid state, it can be tasted; and if bad, it should be thrown away and fresh made. A lady excessively praising her blane-mange, we were tempted, at her earnest solicitation, to taste it. Our politeness overcame our dislike. We tried, but found it impossible to eat it. Our hostess remarked the instinctive contortions of our face, and observed she feared we did not like her blane-manges. We said we thought the cook had burnt it a little, and had forgotten the sugar; but she said, "Oh, sugar, is it? We don't much like sugar in Ireland; and we never taste it for fear of injuring the form, because if touched it would lose its beauty."

"But, madam, could you not taste it while hot?"

"Sure and I never thought of that," was her reply.

THE ATTENDANCE, OR TABLE SERVICE.—Servants should be clean and well dressed, and, whether in livery or not, extremely neat and presentable. They should wear white gloves, and have a napkin neatly folded round the finger and thumb; they should be seen, but not in the least degree heard; they should never speak among themselves, or, if necessary to do so, in so low a tone as only to be heard by the person addressed. Nothing can be more out of place than to hear from behind a screen the demands made upon the helps in waiting for clean plates, knives, &c., and the angry tones in which they are sometimes enforced.

Servants should wait at table not only silently but noiselessly. Creaking shoes are abominations; they jar upon the ear, disturb the happiest frame of mind, deaden the sense of taste, and impede digestion. Pumps must always be worn, and servants taught to move quickly but quietly,—the least awkwardness destroys the party. We recollect a servant while waiting let something fall on a lady's dress, who, complaining, said he had thrown gravy over her dress, "no, ma'am," replied the man, "'tis only beer." Such *contrètemps* destroy the temper for the evening, and a woman must be a very angel whom they do not annoy. It is best, however, to try and laugh at them, and turn them into jokes. "I wish you would keep your grease for your wheels," said a gentleman to an awkward coachman who had emptied a butter-boat on his coat. And here we must strongly protest against the very offensive habit of allowing grooms to wait at table; they always smell of the stable; and except they have a suit of clothes expressly for the purpose, and are previously placed in a warm bath for an hour—but even then, like the gales of Araby, you perceive them afar off—they are inadmissible.

Servants should never speak, much less laugh at table. This is

very hard upon them; but a good servant will keep his merriment till he leaves the dining-room. James was an excellent servant, until permitted by his master to go two or three times to the play; from that moment he was lost to all sense of propriety, if the conversation at table turned upon theatrical subjects. He studied the play-bills, and could tell the play at all the houses in Loudon, and who played each part. When conversation took that turn, he corrected every one who happened to make a mistake. On one occasion, a gentleman happened to say he was going the next night to see Kean in Richard. James immediately replied—"No, sir, you ain't; he don't play Richard to-morrow night. It's Macready who plays Richard: Kean plays Hamlet."

We also knew a lady who had a footman who had lived with her for many years. No servant better knew his business—but like mistress like man. They were both inveterate cribbage players—the lady in her drawing-room, and John in the kitchen. The lady gave many evening parties, at which she indulged in her favourite amusement. John used to hand the tea and toast, and always took occasion to walk near his mistress or her antagonist while she was counting either her hand or crib; but here he always said, "There is more in that hand, ma'am," or, "Ma'am, you forgot to mark his *nob*?"—or if playing, "That counts for four," or three, or six, as the case might be. In fact, he identified himself with his mistress's game, and nothing could prevent his interference. We believe, he would rather have lost twenty such places than that his mouth should be stopped in what he considered his mistress's interest.

Servants should never do any act that can be considered indiscreet while serving at table; for any indiscreet or clumsy thing makes every one uncomfortable. We recollect a dinner given in the country by a gentleman who rejoiced in a boy with buttons, or what may be called a page. This was the only male in the establishment. While serving the dinner, the fish having been found to be cold, the master inquired, "Are the mash-potatoes hot, Charles?"—"Don't know, sir; I'll see." Upon which he stuck his dirty finger into the midst of the potatoes, which really being hot, the boy screamed out—"I believe you! they're just about 'ot! They have burnt my finger pretty well, I promise ye!"

Servants ought to identify themselves with the interests of their employers, and not, as is generally the case, take the part of the tradesmen against their masters; and above all, if they accept their wages and wear their masters' liveries, they ought to do the work

they are hired to do, instead of finding from their master's kitchen some little boy whom they employ, to do their work for them. This is one of the things that requires to be reformed in every house; for we assert, without fear of contradiction, that it is a general rule, and the non-practice forms the exception to this rule; almost every one fancies that his servant is the exception, but most persons deceive themselves. We recollect once being told by a friend that he never allowed any one to enter his kitchen, and we then proposed to bet that, without his knowledge, we would drink tea with his servant within a week, but the bet was declined. The idea of this bet was suggested by the fact, that once upon a party given at Bagshot, by the late Duke of Gloucester, one of the guests was missed from the table, which we presume he found rather slow. Upon looking for him, the General was found drinking tea in the kitchen. To say that servants should never see what is commonly called "followers" is a description of tyranny of which no master or mistress should be guilty; but there is reason in everything; a house need not be filled with servants' friends; but servants should be allowed occasionally to see their acquaintances: they possess the same feelings as other people; and although no servant should go out without permission, they should not be refused when they can be spared. These little matters are more material than they at first sight appear; and every act which shows a master to be mindful of his servants' comfort will tend to improve his own. Servants should be civilly spoken to, and children never allowed rudely or imperatively to address them. If rebuke is necessary, it should be administered with mildness, and in the same spirit that masters themselves would wish to be rebuked. Again, the rebuke must be just; otherwise moral influence is lost, and seeds sown for future misunderstanding. To have a well-ordered house, those who govern must know how to govern themselves. The rule is essential, and can never be departed from without mischievous consequences.

DINNER-GIVERS require a few hints, as well as dinner-waiters; for even the founders of feasts are not free from frailties. They deceive themselves if they imagine that having invited their guests and ordered their dinner, they have performed their duty; neither must the invited rest satisfied with accepting the invitation, arriving punctually at the time named, and eating the dinner provided for them. We have all of us our duties, and few are more imperative than social duties. The charm of a dinner consists, not only in the proper selection of the guests and the due observance of table etiquette,

but also in the brilliancy of the conversation, which gives effect to it, and stores it as a votive offering in the temple of memory. The host and hostess are supposed to know the guests, their various peculiarities, temperaments, and acquirements; and they should so lead the conversation, and give to it a tone, that all present may best show their powers, and give the whole a generous depth of soul. Thus if a person present be renowned for wit and anecdote, he should be drawn out by a remark addressed to himself. The bait is generally swallowed, particularly if the dinner be good and the table well appointed. But avoid by all means saying to your friend, "Now, do tell us one of your funny stories; for most assuredly it will "shut him up," and close his mouth for talking, if not for eating, for the rest of the evening. So, likewise, if a connoisseur of the fine arts be present, who speaks well on the subject, let him lead the conversation, although you know nothing of the subjects, to painting and the various academies, to music and the last opera; and thus be sure that all his lore will be brought to bear on the matter. Care, however, should be taken that no one shall engross the conversation; this always engenders jealous feelings, and makes a sulky, discontented party. It requires great tact to avoid the nuisance; but by perseverance and dexterity in turning the conversation, success may always be achieved. Again, never allow a friend to talk long of persons unknown to the rest of the party, However interesting it may be to a host to hear about Tom, Dick, or Harry, it may be Hebrew to the rest of the party, and an intolerable bore. To those who accept invitations also, a word or two of advice will not be out of season. If asked to dinner and *fêted* with profuse liberality, something is surely expected in return; and what is better than to contribute to "the feast of reason and the flow of soul." Sourness of temper and moroseness of disposition should be laid aside for the occasion, and however cross at home, some little green spot of kindness and good temper—some oasis in the desert—at least may cheer the passing hour. Everyone who enters into society should come prepared to amuse and be amused; otherwise society would be an insufferable bore. Without the formality of an introduction, all persons should know that if they find a man sitting in a drawing-room, they may infer that his being there is a sufficient voucher for his respectability; and that instead of a tacit refusal to speak to him because he has not been introduced, it is better to endeavour to while away the time by talking of the events of the day, until such introduction takes place. Foreigners complain bitterly of English cold-

ness, or rather indecorum, in this respect; an Italian gentleman lately told us that he had received an invitation to dine at a house, with the master of which he was not personally acquainted. He arrived rather early, looked round the room, and saw a man standing before the fire. He naturally went up to him, and asked him if he had the honour of speaking to his host. No reply. He thought deafness might be the cause, and repeated the question, adding, "If, Sir, you are not the master of the house, would you be kind enough to point him out to me." Again no reply; but now the master of the house joined his guest, and made himself known, and introduced him to the person he had unwittingly addressed. Can anything be more ill-bred or ridiculous? If seated next a stranger to you, carefully avoid allusion to other guests seated at the table. How awkward to ask, "Who is that vulgar, red-faced woman?" and receive the reply, "My wife, Sir!" A friend of ours, during a half-hour before dinner, said to another, "Come with me into the next room, and I will show you the ugliest woman you ever saw." Some one who overheard this pulled him by the sleeve, and whispered in his ear, "That lady is his sister." He thanked him for the hint, and took him to another person. Imagine his annoyance when told, "Allow me to introduce you; that is my wife." These mistakes are extremely unpleasant. Let, therefore, your conversation be confined to general subjects, of which there is in the *repertoire* of every man's memory always sufficient for the occasion. Fifty similar stories occur to us; but we have said enough about speaking of persons with whom we are not fully acquainted.

Another caution we should give, and that is, to avoid, as much as possible, "discussions" at the dinner table. They are never admired, and they tend to produce anything but harmony.

Another great fault, and that is of silence at a dinner table. Taciturn people are not good for society, and should avoid it. But some people cannot talk, or if they talk at all, it is Paganini-like, only on one string. A gentleman famous for his love of driving stage coaches could speak of nothing but the road and its mysteries. Thus, in female society he was dumb. Dining one evening at a party, the master of the house, seeing that he had not spoken to the lady next to him, suggested something that necessarily led to conversation. John, having commenced, tried to continue it. Alas! he could only say, "The roads are rather woolley, ma'am." The men at table were, of course, in roars of laughter, but the lady did not understand how roads could be "woolley."

We need not admonish our readers of the extreme vulgarity of eating with their knives—a practice, we are happy to say, which has passed into disuse, or nearly so. We have heard of a schoolmaster of the olden time admonishing his pupil on the impropriety of eating with the front of the knife turned towards his mouth, and saying, “Man, look at me ; always eat with the back towards your mouth, and then you can’t cut yourself.” This man, paid to educate others, was evidently aware of the impropriety, although habit had become second nature with him, and he could not avoid it. We recollect a colonel of the guards rebuking a young man for this practice ; we were shocked at the moment, and thought it unkind, but we felt convinced afterwards that the publicity of the remark had its effect ; and we feel sure our young friend has never since resorted to so bad a practice. Lord Chesterfield, who wrote letters to his son, advises him never to pick his teeth with his fork. This we always thought as a little too preposterous, and imagined such an instrument for such a purpose entirely inapplicable. However, dining one day at that excellent hotel the Giant, at Coblenz, we actually saw a German officer of high rank not only pick his teeth and comb his moustache with his fork, but also apply it to relieve some titillation in his ears !

CHAPTER IV.

AUX GOURMETS.

A MORE fertile subject no man yet wrote upon ; but our limits allow alone a brief allusion to it. Wine ! generous wine ! not as drunkards do we praise the grape, but as sober men delighting in the winy flavour. Strange to say, with all its wealth, and means, and appliances to boot, no country is more redolent of bad wine than England. And why is this ? Why do not those great aristocrats of wine merchants come forward and explain why it is that bad wine should be permitted to be drunk in this great metropolis ? Does bad wine pay less duty ? We believe not. Is good wine too dear ? That is impossible ; good wine cannot be too dear,—the bad, on the contrary, is dear at any price. Bad wine is drunk in this country because the government duty is too high ; and thus inducements are offered for nefarious adulteration. Then the wretched policy to poison the people with gin ; while their health would be improved,

and the revenue increased, could they drink the generous and unpolluted juice of the grape! Again, no man can dine without wine True, he may eat a mutton-chop and drink a glass of porter, and say he has made an excellent dinner; but he cannot *dine*, in the true acceptance of the word, without his wine. The best dinner would be lost without good wine. However well dressed a dish may be, it cannot be properly appreciated without its appropriate wine; and although it is said "good wine needs no bush," we say good wine cannot be thoroughly estimated without its complimentary dish. As well to have a drawing-room without a looking-glass, and call it furnished. To ensure good wine, deal always with a first-rate merchant; give a fair remunerating price, and you are sure to be well served; but low-priced wines never can be of the best quality. We recollect a celebrated auctioneer tempting us to dine with him by the promise of very fine Johannisberg.

"I paid five guineas a dozen for it," he added.

"Impossible!" was the reply. "Johannisberg is twelve guineas a dozen where it is grown; and consequently, if that you have cost but five, it cannot be genuine."

So in Paris you may call for Chateau Margeau, and pay six francs a bottle for it. But you are not drinking Chateau Margeau, because the agent of the proprietor of that estate told us that every bottle cost the proprietor eight and a-half francs. If, therefore, you want fine wines, you must pay for them; and to imagine you can get them for nothing is merely to impose both upon yourself and your friends. In Paris they have a custom of giving you any wine for which you may ask. Some friends once went to a Café, determined to see if it were true that they would give any wine asked for, even if the place never grew a grape. So, after dinner, they called for "*vin du Roché*," desiring it should be of the first quality. In about five minutes, a bottle covered with cobwebs was brought, and introduced as "*vin du Roché*." They laughed heartily; for never had there been a grape at the place they had named. Half the cheap port wine is made from Cape wine, or cheap sherry coloured. In the Parisian hotels, nearly all the wines of so-called "*première qualité*" are factitious, consisting of *vin ordinaire*, doctored to imitate the flavour of that of the estate named. If resident in Paris, and you cannot purchase first-rate wines of first-rate merchants, it is better always to ask for those of the "*seconde qualité*," by which means there is a great probability of being supplied with a genuine article. Sherry is the wine to take after soup. With fish, and *entrées*, Sauterne, Moselle,

and other light wines are more appropriate. Champagne, which is to accompany the roast, must always be iced, even in the coldest days of winter. Indeed, all light white wines are improved by ice; but with Champagne the rule is imperative. With venison, and indeed with game generally, port wine is drank; and Madeira with confectionery. Red wines must never be iced. We have seen such an abomination as iced claret, which then looks very like pale red ink, and has a somewhat similar flavour, while it bespeaks the vilest taste, and an utter ignorance of the usages of society and of *bon ton*.

If attendants are abundant, and well trained, let the wine be handed round; but otherwise, let sherry be placed at either end of the table in pint decanters, and Madeira and light wines ranged along the centre of the table in ice-pails, if you have them.

Spirits are good medicinally; and in France, and generally on the Continent, when guests are assembled before dinner, the servant brings to each a glass of *vermouth* or *absinthe verte*, which is drunk with water, and stimulates the appetite. In the middle of dinner, brandy, rum, kirchwasser, and annis is handed round, and considered to help digestion. After the *café*, which is usually drank at table, and immediately after desert, a *chasse café* of either pale brandy, or liquor such as *eau de vie*, de Dantzic, *ratefie de Grenoble*, &c., is introduced as a signal to retire to the *salon*—a practice that ought to be observed at home as well as abroad.

Claret is drank in France during dinner, and port after dinner; in England, the former is often introduced after the ladies have retired—a custom which cannot be too highly deprecated. But they manage these things better in France; and it would be well if Englishmen took a lesson from their neighbours, and entirely discontinued the habit of sitting together for hours after dinner, instead of at once seeking the more rational gratification of the drawing-room. But happily, we are improving in this respect. As to the effects and qualities of wine, we cannot do better than quote as follows from our "Handbook of Household Medicine and Surgery:"—

SHERRY is the common, and, at the same time, the safest wine drunk in this country. It possesses also the invigorating qualities which belong to wines in general, without being apt to disturb the stomach by creating undue acidity, or to derange the urinary secretion. It stands, then, at the head of the wines proper in a weakened state of health.

MADEIRA is also a good wine, but not so universally safe for invalids as sherry. It has some tendency to create acidity; but in

cases where this effect is not observed, it is often of the greatest service. When taken to the extent of one glass some time before the dinner hour, it often gives an appetite to persons who suffer from want of inclination for food.

PORT WINE is a favourite beverage in this country. It is unquestionably an invigorating wine, and when it does not lie heavy upon the stomach is very useful for invalids. Port wine is, however, better adapted for young persons than for those of middle or advanced life. It should be especially avoided by the gouty, and by all in whom the secretion of the kidney is apt to be deficient. Few, now-a-days, are so intemperate as to indulge daily in a bottle of port. Even a pint daily is sufficient to ruin the health; and when port wine is taken every day, two or three glasses should be the utmost limit of excess.

CLARET includes the red wines of France, and especially those grown in the neighbourhood of Bourdeaux. They are light and wholesome wines, especially when imported pure and unadulterated with brandy for the English market. For daily use, clarets take precedence of all other wines; although by gouty, rheumatic, and dyspeptic persons they are generally to be avoided from their acidity. Even with claret it is not impossible seriously to injure the health, when too little regard is given to quantity.

BURGUNDY is more stimulating than claret, and therefore must be used in less quantity. When it does not cause headache or indigestion, a moderate allowance may be very beneficial.

CHAMPAGNE is a wine in which the invalid must indulge with the greatest caution. It is very exhilarating; and when the spirits flag, a single glass may sometimes be found beneficial. But it is also very intoxicating; and although it acts as a diuretic, the headache which follows its abuse is severe and lengthened. Gouty persons must refrain from champagne.

GERMAN WINES are perhaps of all others to be preferred for invalids. Their acidity depends upon the presence of tartaric acid; and so far are they, when sound, from creating acidity of the stomach, that they are often the only wines which can be taken without giving rise to that very annoying affection. Liebig affirms that gout is unknown wherever the Rhine wines are habitually taken.

As we have addressed this chapter "*aux gourmets*," we wish to give a word or two of explanation. The words *gourmand* and *gourmet* are little understood even by the French themselves. *Gourmand* means literally a lover of the good things of this world, well cooked and well served. But as French is not a rich language, one word is

used to express many things by extension. This word also includes gluttony; and so, commonly or vulgarly is it thus used, that people in France would be offended at being called gourmands; yet the true meaning of the word is as we have described. The French, therefore, have taken the word *gourmet* to express a man fond of good living, and nice and fastidious in eating and drinking. But this is entirely a mistake. Use has made it allowable; but the word *gourmet* means nothing more than a man who is particular about his cellar and is partial to good wine. It is for wine what a gourmand is for eating, only they have not yet extended the word gourmet to drunkenness—a vice not much in practice in France, at least in decent society; but we cannot acquit the lower classes of this vice, because we have seen almost as much drunkenness among them as we ever did in England, only they are not quite so pugnacious in their cups as our own countrymen.

CHAPTER V.

THE DESSERT.

CUSTOM has rendered the dessert a necessary sequence to the dinner. In France this consists of *plats sucrés* (sweets), and cheese, as well as fruit. In England the dessert is an affair altogether apart from dinner, served after sweets and cheese have been taken away, and provided in large quantities. In France, if eight people are assembled, they would serve as many peaches, plums, and bunches of grapes. In England, on the contrary, the dessert generally consists of all the fruits in season: melons, pine-apples, strawberries, peaches, nectarines, apples, pears, plums, biscuits (plain and sweet), chips of orange-peel, dried fruits, &c. &c. These form a very expensive, and, to say the least, a very useless waste, after a good dinner; but fashion, from which there is no appeal, renders this expense necessary. The great beauty of a dessert consists in its elegant simplicity; and anything beyond this is in bad taste.

In France the melon is never served at dessert. It is always served after the soup and the bouilli; since, it is said, it never disagrees if then eaten. To those who like currant jelly with venison or mutton, the melon would be esteemed with the beef; in our opinion it is much better, as eaten in France, than currant jelly with roast

mutton. Melons are very cheap in France, and continue a long time in season, and are seen at every table during the season. In England, where they are much dearer, they are served as dessert; if so, the true way to eat a melon is with pepper and salt—not with sugar. Pepper and salt brings out the flavour of the fruit, while sugar deadens it. The finest and most *recherché* kind of fruit is the pineapple,—not the imported West Indian, but the home-grown, hot-house pine. This fruit is always dear and always elegant; it should be cut in round slices, not too thick or too thin. Strawberries, while in season, are always desirable. In France they are frequently served piled up in a pyramidal form, and eaten with brandy and sugar, the spirit being lighted, and handed round the table. Peaches, apricots, nectarines, and plums of all sorts are good dishes for dessert, during their season. Apples and pears also form good dishes; oranges, as long as they are good, are always grateful. Dried fruits, chips, biscuits and cakes, make up the usual dessert. We add a list of dessert dishes in season throughout the year: nevertheless, after a good dinner, an expensive dessert seems a very ridiculous piece of extravagance. However, always let it be as simple as possible, and the table not inconveniently covered with dishes.

JANUARY.—Fruits in season.—Apples, pears, nuts, almonds, service, medlars, grapes, and oranges. These being the fruits in season, you have not much choice, and your dessert for a party of eight may consist of oranges in the centre, pears on one side, apples on the other; almonds and raisins at one corner, biscuits at the other, and orange chips, preserved ginger, damson cheese, and preserved cherries, the last four in small glass dishes.

FEBRUARY.—Fruit in season.—Golden and Dutch pippins, with various other kinds of apples, bon chretien and other winter pears; grapes and oranges, as in last month, only varying the sweetmeats.

MARCH.—Fruit in season.—Golden pippins and other apples, the bon chretien and other pears, oranges, and forced strawberries.

APRIL.—Fruit in season.—Apples, pears, forced cherries, and apricots for tarts.

The dessert cannot yet be much varied.

MAY.—Fruit in season.—Pears, apples, strawberries, cherries, melons, green apricots, currants for tarts, and gooseberries.

Very little variation can be made in the dessert at this period from those before named.

JUNE AND JULY.—Fruit in season.—Cherries, strawberries, goose-

berries, currants, apricots, pears, apples, peaches, nectarines, grapes, melons, pine-apples.

Now would be the time to adopt the French system of having two centre dishes, arranged with the fruit as before described, having in one, in the centre a pine-apple, with apricots, peaches, and nectarines round it, and grapes hanging between the other fruit; and in the other a melon in the centre, and pears and apples arranged round it, with some cherries tastefully displayed in bunches between the fruit; and for the other dishes you have always your preserved fruits, ginger, olives, biscuits, &c., &c.

Ices should always be served after a dinner, if you have a party; but as they are immediately eaten, the dishes in which they are served should be replaced with something else.

AUGUST.—Fruit in season.—Gooseberries, raspberries, currants, figs, mulberries, filberts, apples, bergamot, Windsor, and other pears, Bordeaux, and other peaches, nectarines, plums, cluster, masculine and cornelian grapes, melons, and pine apples.

Dessert the same as last month, varied according to your taste.

SEPTEMBER.—Fruit in season.—Peaches, plums, apples, pears, grapes, walnuts, filberts, hazel nuts, medlars, quinces, lazaroles, currants, morella cherries, melons, pine-apples.

The dessert should be varied in this month, according to your taste. Filberts and walnuts should be introduced, as they are best at this time, and the next month.

OCTOBER.—Fruit in season.—Peaches, grapes, figs, medlars, services, quinces, black and white bullaces, walnuts, filberts, hazel nuts, pears and apples.

The same as last month.

NOVEMBER.—Fruit in season.—Bullaces, medlars, services, walnuts, hazel nuts, chesnuts, pears, apples, grapes, oranges.

Chesnuts are extremely good, if properly cooked. In France, perforated pans, like frying-pans are used, under which is made a charcoal fire. The nuts are first cut, that is, the skins are cut with a knife, and then they are roasted slowly in these pans, and served very hot in a nicely folded napkin. They are also very good boiled, when thrown into boiling water, the skins being cut as before, and left on the fire for a few moments. Some people prefer them so. We like them best roasted, except they are for kitchen use, and then they are best boiled; that is, if you intend them to serve as stuffing for a goose, or as a *purée* for mutton cutlets, both very good things,—the directions for which will be found in their proper places. In

this month, and the following, you can introduce devilled biscuits, anchovy toast, &c., into the dessert.

DECEMBER.—Fruit in season.—Apples, pears, medlars, chesnuts, walnuts, services, grapes, hazel nuts, and oranges.

For a dessert the same as in January.

CHAPTER VI.

CARVING.

CARVING is an art which every parent should teach his sons and daughters. Nothing can be more disagreeable and unpleasant than to be placed before any particular dish without being able to help it properly. It is generally the case when the head of the family is a good carver; for he so objects to see things badly cut, that he prefers carving everything himself. We remember once, when very young, being invited to a large dinner, and we were placed before a ham. We began to hack this article, when the general, the founder of the feast, said to his butler—"Take that ham away from that young gentleman, and place it before some one who knows how to carve." From that moment we determined to achieve the art of carving, and after great difficulty we succeeded; and succeeded so well that once, in carving a hare, a clergyman, one of the guests, remarked, what an excellent invention that of boning a hare was, we carved it with so much ease; but determined to have a joke at the expense of the clergyman, we laid down the knife and fork, and said, "Sir, we are surprised that you could express such an opinion, when it is well known that it has filled more jails and sent more men to the treadmill than any other thing you can name." "What, sir, taking the bones out of a hare?" "No, sir, 'boning' the hare first." No one can carve without practice, and consequently children ought to begin young, in order to acquire a thorough knowledge of the art. It is difficult to describe the method of carving, even with drawings or diagrams; but the reader who wishes to learn, may, by observing how good carvers proceed, and applying what he has seen to what he reads, with practice, soon becomes an adept.

And, first, never stand up to carve; this is the greatest vulgarity, and even a very short man need not stand up. A little, deformed, humped-back friend of ours, used to give very good dinners; he

carved well, and delighted in showing it, but he had a failing—always to have very large joints of meat before him. One day a stranger guest arrived late, dinner had been served, even soup and fish had been removed; the host was absolutely hidden behind an enormous round of beef, and the stranger saw nothing at the head of the table but the monstrous joint, round which a knife was revolving with wonderful rapidity. Steam was the subject of talk at the moment, and he exclaimed, “I did not know that you had brought steam to this perfection.” “What perfection?” “Why, don’t you see that round of beef is carved by steam.” This was enough; it got the hunchback’s steam up, and, jumping on the chair, he demanded who dare insult him in his own house; and it was with great difficulty that his friends could appease his wrath, and turn his steam off. Ever since the time of Adam, men and women have been prone to excuse themselves, and lay the blame on others. Thus, a person who could not swim, complained bitterly of the want of buoyancy in the water; and another, who had frightfully mangled a leg of mutton in attempting to carve, declared that the sheep was deformed and had a bandy leg.

In France, at all large dinners, dishes are carved at the sideboard by a servant, and then handed round in small portions. It saves a great deal of trouble, and prevents the shower of gravy with which awkward carvers will often inundate the table-cloth, and sometimes their neighbours. It would be well if this custom was universal in England, where it is rare to find good carvers. In helping the soup, never say, “will you let me assist you to some of this soup?” this is vulgar in the extreme. The word assist is not “selon les règles de la bonne société,” but simply “shall I send you some?” Now, any one can help soup. But then there are two ways, the right and the wrong. First, then, your soup plates should be held by the servant near the tureen, and you should judge the number you have to help by the quantity of soup you have, to avoid the possibility of consuming all your soup before you have helped your guests; give one spoonful of soup to each plate, and avoid by all means slopping the soup either into the tureen or over the table-cloth, or over the side of the plate, all of which are extreme vulgarities. And here we beg to say,—notwithstanding Brummel having said, in speaking of some one with whom he could find no other fault, that he was a sort of fellow who would come twice to soup,—that, if very good, it is not vulgar to eat twice of it; but, *au contraire*, if not good, the worst possible taste.

The next thing in order is fish. Now, of fish there are several sorts; the first of the large sorts being

SALMON, the shape of which every one knows; but few people have a whole salmon at table. The fish should be served always on a strainer, covered with a small dinner napkin, and the cook should be careful that it be sent to table whole and unbroken. It should be laid on its side, and garnished with fried smelts; it should be cut with the trowel, or fish-knife, immediately down the middle of the side, and helped, from the centre to the back, one slice, towards the back and a small slice towards the belly, which is the richest and fattest part; care should be taken that the slices are not broken, and with each slice a fried smelt should be given.

COD FISH should be helped differently. Cutting from the back to the thin part, crossways, and the sound divided so as to give each person a small portion.

MACKEREL, if boiled, should be divided into four; that is, place your trowel or fish-knife under the flesh at the tail, and raise up the flesh to the head, then divide the side in the middle, giving half of the side to each person, and leaving the bone and head and tail in the dish.

HERRINGS should be helped by giving one to each person.

RED MULLETs the same, and all the small fish should also be helped, one or two to each person.

TURBOT.—This fish is now generally served with the white side uppermost; the only excuse for this is that the white side is the best. This fish is easily carved; you should cut it from head to tail, down the middle to the bone, and then take your slice from the cross-cut to the fin, helping the fin with the slice if the one side be exhausted, raise up the bone, and serve the underneath side in the same way.

JOHN DOREY is carved precisely as turbot; as are, in fact, brils, and all the large flat fish.

EELS are always cut in small pieces, and all the attention required is that those which are the largest are the best.

SOLES, if fried, are divided across. Taking off the head, the shoulder is considered the best; they should be divided in convenient pieces, and some people prefer the tail. Soles, if boiled, should be helped like turbot; but then, only very large soles should be boiled.

SKATE is a fish always cut up and erimped, and requires no further direction than to say each person should have a piece of liver with the fish.

PATTIES and **ENTREES** ought to be so arranged that they can be

served with a spoon, and require no carving. The roast is therefore the next thing that calls for observation.

A LEG OF MUTTON is, or rather ought to be, served exactly the reverse side to a haunch of mutton; that is, it ought to lay on the flat side, and so show the beveled side to the carver. A slice is cut in the centre; and then the carver is to cut to the bone right and left, the thick side being most esteemed. The best fat is that which lies at the thick end, near to the bone; there is not much of it, but it is considered a delicacy.

A SIRLOIN OF BEEF.—The most elegant way to cut this joint is by making an incision from the chine-bone to the flap, directly in the centre, and helping from either side. However, this is not the most economical way; and therefore it is to be cut thin on the outside, from the chine-bone to the flaps, with fat from underneath. Many people like the under side, or inner loin. If this is eaten hot—and it is best hot—the joint should be turned, and the meat cut across in slices rather thicker than from the top side. Great care should be taken not to splash the gravy in turning by placing the fork well into the flap, so as to secure a firm hold.

A FORE QUARTER OF LAMB should be carved without removing the shoulder from the dish on which it is served. This is very difficult; but if well done, very elegant. First, then, let us give all the directions necessary for this dish. When it comes before the carver, he should place the carving-knife under the shoulder, and dexterously remove it. Having so done, he should place under the shoulder a slice of fresh butter, and then prepare some salt, cayenne pepper, and the juice of a Seville orange or a lemon, which should be also poured over the part of the lamb from which the shoulder has been separated, and then pour the gravy with the gravy-spoon over the lamb, so that the butter, &c., may amalgamate well with the gravy. You have then the breast and the ribs, and the shoulder on the dish, ready to help your friends. Before separating the ribs, you must cut off the breast, the bones of which the butcher has previously broken, so as to enable you to do it with ease. As, however, many people cannot carve so much in one dish, perhaps the better plan is to place the shoulder on a separate dish, when it can be cut precisely as a shoulder of mutton, and the ribs and breast can be more easily divided and helped. Always take care that the butcher joints the meat, or no man can carve it.

A HIND QUARTER OF LAMB should be carved both as a leg and a loin, giving either part to those who prefer it.

A SADDLE OF LAMB must be carved like a saddle of mutton.

A LOIN OF LAMB should always be divided at the chine end of the bone, and helped in chops.

A HAUNCH OF VENISON OR MUTTON is the leg and part of the loin. It should be cut across, near the knuckle, and then another cut should pass down the centre. The slices should be taken from the left and the right of this; those on the left, containing the most fat, are preferred by epicures. The fat and gravy must be equally distributed. These joints should always be served on a hot-water dish, or on a dish with a lamp under it, so as to keep the meat hot. Without one or other of these contrivances, no one should presume to give a haunch of venison to his friends. Before it is sent to table, the cook should pour over the haunch one wine glassful of hot port wine.

AN EDGE-BONE OF BEEF should be placed on the dish standing on the thickest end. The carver should first cut off a slice horizontally from the end to the fat, an inch thick; but in helping, it cannot be cut too thin, giving to each person hard and soft fat. If cut thick it is hard and indigestible.

A ROUND OR BUTTOCK OF BEEF is cut like a fillet of veal; that is, a slice having been horizontally removed all round, the slices should be cut very thin and very even. To properly carve a large round of beef, a long carving-knife, such as is used in a cook-shop, is necessary.

A FILLET OF VEAL is a solid piece of meat without bone; it is therefore easily carved by any one who possesses a sharp knife; the guard of the fork should be up, to prevent accidents. The veal should be well roasted; for if the gravy is in it, it is very unwholesome. The slices may be cut thicker than beef, and the stuffing should be found in the centre, and in the flap which surrounds it.

A BREAST OF VEAL —The richest part of this is called the brisket. The knife must be put about four inches from this, and cut through it, which will separate the ribs from the brisket; serve whichever is liked.

CALF'S HEAD is a dish much esteemed in England; but, as generally eaten, plainly boiled, it is tasteless, insipid, and very objectionable,—while cooked à la Tortue, as in France, nothing can be better. It should always be boned and rolled; but if served whole, it is to be cut down the centre, and helped in slices from either side. A portion of the sweetbread, which generally accompanies a boiled calf's head, should be given with each portion. If the flesh

about the socket of the eye be preferred, the eye itself being always taken out, the knife should be inserted into the orifice, and the meat scooped out. The palate—generally esteemed a delicacy—is situated under the head. This should be cut into small portions, so that every one may have a share.

SHOULDER OF MUTTON.—This is the most unprofitable joint of meat. There is waste in roasting, waste in eating, and waste in bone; and thus, although sold cheapest, it is dearer than a leg, even if the one costs sixpence a pound and the other eightpence. The joint being placed with the knuckle towards the right hand, observe that there is an angular piece of fat next you. Having helped your company from this part, you may, perhaps, imagine that your shoulder of mutton is exhausted, and will not yield a further dividend. However, you may get from both sides of a large shoulder enough to help ten people, provided your slices are not too thick, which they should not be. The fat is to be cut from the aforesaid angular bit in slices, long ways. After the right and left sides are exhausted, and the carver stopped by the knuckle on one side and the blade-bone on the other, the end of the shoulder is to be turned, and cut straight down from the centre bone to the end, comprising the three best slices of the joint. If more is required, the shoulder may be reversed on the dish, and four good slices will be found on the under side. But a shoulder of mutton is an extravagant dish; and no one but a rich man should purchase it.

SADDLE OF MUTTON.—This best joint of the sheep is carved in several ways; the usual way is to cut from the tail to the end close to the chine-bone, taking the slices horizontally. Another plan is to cut close to the back-bone, taking slices side-ways, so as to help each person with a piece like a mutton chop, without the bone and very thin. Another way is to commence, not quite close to the back-bone, and so cut slices, rounding them a little that they will curl on the plate, cutting in such a way that the knife slants towards the flaps or fat, and so that the top of each slice is fat and the bottom lean; and for a small party, this is by far the most elegant and the best way to carve this excellent joint.

HAM.—There, perhaps, is no joint about which there has been so much contention as the carving of this excellent dish. For family use, do not have the skin removed, but let it be sent to table as it is dressed. Cut from the thick end, where there is most fat; as a ham served hot is always eaten with veal or poultry, you can thus eat the fat. Continue cutting your ham in this way, and you will be able to

eat it all; whereas, in any other way, all the lean will be eaten, and a large quantity of fat, which will become rancid, will be lost.

CARVING HAM FOR A PARTY.—The best informed say, carve it like a leg of mutton, that is, beginning in the centre, cutting right and left, in thin slices; we say, commence at the knuckle, and cut a thick slice off, and then cut thin slices as they do in the cook shops—for, rely on it, by this time they have found out the most economical way of carving a ham.

A SUCKING PIG must be divided down the middle, and decapitated. This ought to be done by the cook, and the two sides placed flat on the dish. Supposing, therefore, this to have been previously done, the carver is to take off the shoulders and the legs, and help the ribs in such pieces as he thinks convenient. The ribs are considered best, and you should give plenty of the sauce or gravy with each plate.

GOOSE.—To give a description of carving a goose is to say, simply, begin from the wing and cut the slices from the breast up to the breast-bone, and serve each person with a slice, with some stuffing and gravy. To cut a wing or a leg is vulgar in the extreme; for a large party, then, a second goose is necessary; but lest our readers should say, "that is an easy way to avoid telling us how we ought to dismember this bird," we will continue. If you wish to do a vulgar thing, and dismember a goose, put your fork into the small end of the pinion, and press it close to the body, then put in the knife and divide the joint down; to separate the leg, first put the fork into the small end of the bone, pressing it to the body, then pass your knife between the leg and the body, turn the leg back with your fork, and it will come off. It is impossible that anything but experience will teach a person how to do this expertly; but as we said before, it never should be done when served hot. It has been said, frequently, that a goose is too much for one, and not enough for two. This means that the breast, which is the only eatable part of a roasted goose, is, supposing the persons to eat nothing else, too much for one and not enough for two people's dinners; another reason for never cutting off or eating the legs hot, is that they make a most excellent "devil" for breakfast the next day,—therefore, why destroy a dish fit for a king?

HARE.—There are two ways of carving this difficult dish. The first is to cut close to the backbone from the shoulder to the rump on either side, previously dividing the legs; take off the shoulders; cutting the backbone in three or four pieces, and getting two slices on either side of the hare. The ear is considered the best part.

Another way of carving a hare is by taking off the legs and shoulders, and cutting it round through the backbone, dividing into seven or eight pieces. It is better to bone a hare.

A RABBIT is carved very differently. The legs and shoulders are to be taken off, and the back divided into three or four pieces.

FOWLS when boiled have their legs bent inwards, and tucked into the belly. A fowl must never be removed from the dish and placed upon the carver's plate; nothing can be more vulgar. The wing is to be removed with a good slice of the breast, the only difficulty being to hit the joint. To effect this, the knife is to be passed between the leg and the body and the leg turned back with the fork. To take off the merrythought the carver must commence just above where the breast turns, and cut down slanting; then begin at the rump end, and cut the breast at either side, keeping the fork in that part of the breast nearest the rump, and turning it towards the carver; the side-bones may easily be removed, the back broken in half, and the two sides are then easily taken off. All this can only be learned by practice; and although we have endeavoured to describe it, we feel that it requires practice to carry out the directions.

A PHEASANT is carved precisely as a fowl. It is only necessary to say that ladies like the wings and breast.

WILD DUCK.—This bird is only helped from the breast, which is to be first scored in such a way as afterwards to form the slice. Lemon juice, cayenne, salt, and port wine made hot, should be ready to pour over it; then the previously scored slices are to be cut and helped. The breast is the only eatable part, except when hashed.

PARTRIDGE.—This bird is carved precisely as a fowl. The legs and the back are the best parts; give them to the ladies, and let the rest of the company have the wings and breast.

PIGEONS are usually cut straight down the middle, and a half sent to each person.

TURKEYS are carved like geese. Never make a wing cut from the wing or pinion upwards, and not from the breast downwards. Give your knife a slight angle in cutting, and your slice will be larger and better.

N.B. In good society, turkeys, geese, wild ducks, widgeon, teal, and large capons, ought never to be cut up; if they are, the master of the house ought to be cut for doing it. All that is presentable, at a dinner of these several birds, is a slice of the breast—a member should not be given to a member of the family. Unless great care be taken on this head, one friend will say, "He is a good

fellow, but a little vulgar;" and another will say, "A little—he is dreadfully vulgar."

WOODCOCKS and SNIPES.—These are both carved alike—the necessary directions being: remove the sand-bag, which contains the gall; this generally protrudes; lift up the breast near the rump; spread the trail on your toast; cut the wing, leg, and part of the back, the wing being cut full, that is, with plenty of the breast attached thereto, and you have one portion with a third of the toast; serve the other side alike, with another third of the toast, and the breast and the rest of the back give to the person you esteem the least; in fact, the legs, wings, and back, as before described, are the best, and should be served together. Snipes should be cut in half, unless you have enough to give a bird to each person.

KITCHEN ARRANGEMENTS.

BEFORE entering on the more important part of our work, that of Cookery in all its branches, it will be necessary that we should say something on the kitchen and its furniture; and here let us observe, that we have seldom seen in England a room appropriated to the preparation of our food at all suited to the purposes for which it was intended. Generally the kitchens are down stairs, dark, dirty, and disagreeable; whereas the contrary ought to be the case. If you tell a Frenchman, in France, that the kitchen is below the ground-floor, he will reply directly—"You do not mean to say that you make the cellars your kitchen?" His astonishment is beyond description; and yet we know that such is the case. If you further tell him the fact that the fire-place is nearly always in the darkest part of the kitchen, he will be still more astonished, and yet this is a melancholy truth. How is it possible for a person to cook a good dinner in these vile places? But then we are met by, "Oh, we don't mind; we don't care about cooking; we only want plain food;" or some such nonsense as that. We want everything good. We are the richest nation, and we have the best meat, fish, poultry, and vegetables, and we do not want them spoiled, nor dirty; and yet we still continue to build houses with the kitchens underground, dark and dreary. But then we have no English cooks; we have people who say they can cook; but, for the real art of cookery, who have we? Had we ever a Carême, a Savarin,

or a Eude? The latter we had living amongst us, but France had the honour of giving him birth. We may claim Soyer, but then his talent, *par excellence*, is for pastry. But can we name any one person of English birth who can vie with any of the four we have named? Certainly not. And yet we have had men cooks in England for many generations—not one of whom has ever arrived at any renown. Why is this? No one can say that cooking is not an art of high importance. It is now not only a question of civilization, but of positive necessity, and the question resolves itself into this;—being favoured by Providence with the finest meat, fish, poultry, game, and vegetables, are we still to apply to that club-footed, long-tailed office-keeper for persons to spoil what an all-wise Providence has sent us? It is the curse of this country, that though the schoolmaster is abroad and education has made most rapid strides, no one has as yet thought of raising a useful school for teaching people to become domestic servants. We have diplomas for schoolmasters and governesses, but none for cooks. We would like to see a college—as that is the fashionable word for schools now a-days—founded to teach people how to cook; and we think that if it were established in a fashionable part of London, with a dining-room attached, it might be a self-paying establishment, more especially if it were directed by first-rate artistes. And from this college persons, after having taken degrees and obtained diplomas, might be allowed to take situations as cooks. Because this would be affording a real relief to society, it has never been thought of, and perhaps will never be carried out; but rely on it, we shall never have competent cooks till some such plan is put into execution; and until then, we may write and people will read, but dinners will be just as badly cooked as ever.

We will now speak of the kitchens such as they are. Those which happen to be under the leads at the back of the house, and lighted by skylights, are generally better than those which are in the area, because they have better light. The kitchen should be cool; that is, there should be a means of admitting plenty of air. It should be light, or how can you see if what you are cooking is clean. It should have charcoal stoves in it, or how can you produce many of the dishes so much admired in the French kitchen? Now if you have not stoves, modern science has given to you the gas stoves. These are very good, because you can reduce the fire, but they will only do for cooking when your stew or saucepan is covered, and will not do when there is a necessity to have fire under and over your saucepan; but with two charcoal stoves and four or five gas rings, all the cooking you

want might be easily and conveniently arranged, and at very little expense,—the more especially in those houses in which the gas is already in use; and we believe that it has lately become very extensively used by families, as being both economical and more cleanly.

The large open fire-place in use here is very expensive, and very badly placed for the purpose to which it is applied. In large kitchens, in France, the stoves are generally under the window, so that the same may be open, and all the effluvia of the charcoal will pass off through the open window. Many people consider that charcoal is very unwholesome: so is coal; so are plants at night; so is gas. All these evolve carbonic acid gas, and we doubt much if the one evolves more than the other. We have seen people in France obliged to leave a drawing-room in which English coals were burned, declaring that the smell was so offensive that they could not breathe. We have heard of English people who have declared that a single gas burner alight in a room has made them ill. We have heard of a lady who fainted at the smell of strawberries; but none of these cases prove more than that these particular people were *over* particular. However, we assert that everything which produces carbonic acid gas is unwholesome, let it be coals, charcoal, gas, plants, or any other substance—provided all the apertures are closed, and the chamber in which they are used hermetically sealed; but as this is not the case in a kitchen, we may discard the idea of people becoming suffocated by the evolution of carbonic acid gas. An open window and a large chimney will, at all events, carry off all the carbonic acid gas evolved by the use of fuel. A hot plate in a kitchen is a most useful thing; but a more useful thing is a *Bain Marie*—a thing scarcely known here. This is nothing more than a large kettle containing boiling water, and fitted with a large cover pierced with holes, to hold from six to twenty-four long saucepans, their covers fitting the holes when the saucepans are not in use. This is indispensable if you want a good dinner. It is as necessary as ice for Champagne—which should never be drunk un-iced; and not only saves labour, but saves confusion. We will undertake to say that any one with the slightest idea of cooking would, by means of this apparatus, be enabled to serve and send up a better dinner than is often seen at the general English tables. More than two-thirds of your dinner may, by this means, be dressed in the morning, and kept till wanted in the evening, without spoiling; this, in itself, is sufficient to make its use general. No kitchen should be without two mortars, one in marble and the

other in iron; these are absolutely necessary; a pair of scales and weights are also indispensable; a jelly bag and stand is another requisite; four or five sieves are also wanted; collanders, two or three of different sizes; a chopping-block, a paste-board, a square table on which to make fine pastry, a saw, a hatchet, three or four larding-pins, paste cutters and vegetable cutters, moulds for jellies and patties; brown pans for keeping soups, gravies, &c; of these there should be an abundant supply. Having procured all these things, you have to commence the furniture of the kitchen. Now, we will ask in how many houses are any of these found? We will venture to say, not one in ten. We are about shortly to give an account of what is considered necessary for a French kitchen, and we make no doubt our readers will exclaim with surprise, at reading the vast quantity of things considered necessary in that country for the cooking the every-day dinners in a large family; and it ought to be well understood that in that country the fortunes are all smaller than they are in this—£8000 a year being considered something extreme, and £800 a year being thought a very fine fortune. Now, compare your own *batterie de cuisine* with the list of the French, and let us ask if you have a quarter or a tenth of what is here described; and yet we assure you that the list is not very considerably more than what will be found in the house of a person who only possesses £800 a year. Now, if your cook asked for a quarter of these things, you would at once say that she was extravagant, and that it would be utterly impossible to keep such a person; and would probably pay a round of visits, with the list in your hand, to all your friends, and ask if they ever heard of such insolence. Such, then, is the difference between the two countries, and the necessary tools for the employment cooks are called upon to follow; we give the list as we find it:—

IN COPPER.

4 Stew-pans, with covers, the largest of which should be 8 inches in diameter, and the smallest $2\frac{1}{2}$ inches.

3 Soup pots, the largest 10 inches in diameter, and the smallest $3\frac{1}{2}$ inches in diameter.

2 Stew-pans for reducing the liquids, round, $5\frac{1}{2}$ inches diameter, and 3 inches high.

4 Brazing pots in sizes, with covers and strainers.

4 Oval stew-pans, covers and strainers.

2 Turbot Kettles, one large one small, and the strainers.

4 Fish kettles, covers and strainers, the largest $21\frac{1}{2}$ inches long, and the smallest $11\frac{1}{2}$ long.

A hot water bath, "*Bain Marie*," containing 24 saucepans and covers of sizes.

8 dishes (or frying-pans), and covers.

- | | |
|--|---|
| 4 dishes and covers, for glazing.
4 Preserving pans, tinned inside.
3 Colanders, in sizes.
1 dish, with holes in it, to rub a <i>Purée</i> through.
6 round covers.
6 square covers, with the rims turned up.
1 frying-pan, oval for <i>la Friture</i> (Frying) 9 inches long and 16½ wide, in the middle.
1 brass strainer.
4 round and deep plates for draining.
4 spoons to skim with.
4 ditto, with holes in them. | 3 ditto, pot ladles, in sizes, smaller.
3 skimmers, in sizes.
6 spoons, with lips.
1 salt-cellar, in copper, lined with tin.
1 plate for herbs.
1 pair of scales.
1 steelyard, and weight.
1 large pot, from 7 to 8 inches in diameter.
1 bowl for the whites of eggs.
3 small copper <i>sauté</i> pans, in sizes.
3 ditto, for sugar.
2 marble mortars, 9 to 10 inches in diameter, the pestles and the stands. |
|--|---|

MOULDS.

- | | |
|--|---|
| 2 large moulds, for large removes.
2 smaller.
1 ditto, plain, for <i>Croque en Bouche</i> .
2 ditto, <i>Entrées</i> , ornamented, and smaller at the bottom.
2 ditto, plain, ditto.
1 ditto for Timbates.
4 ditto with borders, 1 plain.
4 ditto, ornamented, and smaller at the bottom, called a well. | 2 ditto, ornamented, but not smaller at the bottom.
1 ditto, for macedoine of fruit.
3 ditto, for Charlottes, in sizes.
3 ditto, for partridges.
2 ditto, oval, for flanes.
2 ditto, ditto, for counter flanes.
36 ditto, tartlets.
24 ditto, for Madelaines.
24 ditto, for Darioles. |
|--|---|

IN IRON.

- | | |
|--|--|
| 1 turn-spit, complete.
4 gridirons, in sizes.
1 pair of tongues.
2 pairs of do. for the stoves.
4 shovels, wooden handles.
1 extinguisher for the charcoal.
1 Salamandre.
2 <i>Four de Champagne</i> .
2 strong dogs, for the burning of wood.
4 soup pots, and their hooks, to fasten in the chimney.
1 iron, to glaize with. | 1 hatchet.
2 mallets.
2 pair of knives, to chop with.
2 <i>Omelette</i> pans.
2 large larding pins.
4 needles, to truss with.
12 iron forks and spoons, tinned, and long dishes, and three grates, to keep hot the <i>entrées</i> and other large things, &c.
4 small dogs, for burning wood.
1 shovel and poker for the oven. |
|--|--|

TIN.

- | | |
|---|---|
| 2 Oval covers.
4 ditto.
8 ditto, <i>entrees</i> .
8 ditto entremets.
2 graters.
3 moulds for paties, in sizes.
3 ditto, with borders. | 1 box containing moulds, to eut columns.
1 ditto, paste cutter, round and plain.
1 ditto, with a gadroon edge.
1 ditto, oval.
1 ditto, bordered, for <i>nouilles</i> .
1 ditto, ditto, with pedestals. |
|---|---|

It has been the custom to give instruction how to keep the sauce-pans and other vessels clean for years by most writers on the culinary art; but we do not find in any English cookery book what we con-

sider the chief necessary—that is, how many and what sort of saucepans and other utensils are required for the general purpose of cookery. Now, we believe that when a boy is placed with a carpenter or joiner as an apprentice, he begins with learning the names and uses of the tools before he is allowed to do any work; and yet the people intrusted with the preparation of our food do not know the use of one half the kitchen things; and we proved this by asking the use of a braising-pot, and we were answered, a preserving-pan. Now, had this person been educated as a cook, she should have known that a braising-pot has a cover and a preserving-pan none, and yet that woman fancies herself a better cook than we profess to be. It is to cure this ignorance that we propose to give a list of the requisites for an English kitchen; or rather the tools which are necessary for the preparation of food. Of course, if you are contented with one or two things every day, there will be no occasion to have so large a number of utensils, as they may be increased in the event of your extending your acquaintance, and giving many dinner-parties; we will therefore give such a list as we have ourselves provided for our own use, to accommodate only three in a family:—

- | | |
|---|--|
| 1 Earthenware brown soup pot, to hold about 2 gallons. | 1 Pepper box. |
| 1 Large fish kettle, nearly large enough to boil a cod fish or a salmon. | 1 Salt cellar. |
| 1 Smaller do. | 4 Sieves. |
| 2 Boiling pots, 1 large enough to boil a leg of mutton, and the other large enough to boil a round of beef. | 1 Brass sieve for <i>purées</i> . |
| 1 large iron boiling pot, round. | 2 Jelly bags, one large and one small. |
| 6 Round stewpans in sizes, enamelled. | 1 Jelly hag stand. |
| 4 Tin saucepans, for boiling vegetables. | 1 Chopping board. |
| 2 Braising pots and covers. | 4 Old Carving knives for kitchen use, which should always be kept very sharp. |
| 1 Meat screen. | 4 Brown earthen flat disbes, that will stand the fire. |
| 1 Dripping pan and ladle. | 8 Brown pans, white inside. |
| 1 Jack. | 1 Spice box. |
| 1 Set of iron skewers. | 2 Pestles and mortars. |
| 2 Colanders, one small and one large. | 3 Oval wooden tubs, for washing glasses, &c. |
| 3 or 4 Iron spoons, one of which should be like a soup ladle. | 4 Wire covers. |
| 2 Choppers. | 8 Meat covers, in sizes. |
| 1 Chopping block. | 4 Wooden spoons. |
| 1 Paste board. | 2 Skimmers. |
| 1 Napkin press. | 1 Fish slice. |
| 2 Strong iron stewpans, rather large, and well tinned inside, for reducing soups, gravies, &c. | 2 Frying pans (<i>sauté</i> pans). |
| 1 Box of paste cutters. | 1 Large pan, as hereafter described, for frying; in shape like a braising pot, and half covered with a perforated top and back, to drain and keep things hot while draining. |
| 1 Box of vegetable cutters. | 1 Steel, to sharpen knives on. |
| 2 Rolling pins. | 1 Coffee biggen. |
| 1 Flour tub. | 2 Large tea-kettles. |
| 2 Dredger boxes, one fine and the other coarse. | 1 Small kettle and stand. |

6 Gas rings, near the window.	1 Gas burner in the centre of the kitchen, or a lamp for winter use.
6 Trivets in iron to put over them.	1 Dutch oven,
2 Charcoal stoves.	1 Cheese toaster.
2 Balance candlesticks for the cook, such as are used on board a ship, that in whatever way they are held, the candle will always be upright.	3 or 4 Tin pans, in sizes.
	1 Leaf for baking.
	12 or 24 Pattie pans.

Now these are the cook's tools, with which she is to cook your food, and unless you give her these things you are doing her and yourself an injustice; because, of necessity, half her time must be taken up in devising how she is to do without them,—and as she is not supposed (by us) to know anything of her art, or, if anything, very little, how can she be expected to invent substitutes for what she ought to have at hand, ready on all occasions, for the necessary arrangement of your dinner? She is to be allowed also a sufficient time to cook her dinner, and do not expect her to do other work at the same time; if you do, be sure that your dinner will suffer for it. We remember on one occasion dining at a friend's, renowned for his good dinners; he kept always a first-rate cook,—but this cook who had lived many years in his family, was also an embroidress. We arrived; the dinner was spoiled. We asked the reason; the lady of the house looked at us, and said, "The fact is, I forgot the dinner entirely; I am going to a ball this evening, and I asked the cook to arrange a dress for me, which she did, and that is the reason the dinner is spoiled." The lady herself was so charming a person that of course nothing could be said. We have often thought that it was too much to ask a cook to clean the house, and the saucepans, &c. We think a cook is always worth a kitchen-maid, that is if she has one idea, or if not, she is not worth her salt. We make this distinction,—a cook, a pretender, and a swindler. The first is cheap at any wages; the second is worth £10 or £12 a year; the last is dear if she live with you and gives you wages, because she spoils more than double her wages. If any person would make a calculation of what he loses in the year by the mismanagement of his servant, he would find it far cheaper to give higher wages. This very day on which we write our dinner was spoiled, and we could not eat it, although we gave our directions as plainly as possible, and even superintended its preparation. But our cook was out of temper. We ordered an addition,—and this she spoiled also. Now, a good cook would be ashamed to do such a thing; it would disgrace her art. Independently of which, how many things are smoked, not cooked,

by the coal fires! Now, if charcoal or gas were used, this could not be. Nothing would be more easy than to have four or five rings, perforated with holes, put in front of the kitchen window; and then, with the Trivets, which are sold everywhere, you might, at any rate during the summer, do away nearly entirely with the kitchen fire. The gas-stove has also an advantage even over charcoal, because you have a fire at the instant you want it; and the moment you have done you can turn it out, and re-light it when you want it again. By this means a most important economy would be effected; and we feel sure that, when the use was well understood, most people would adopt this system. The only objection we see is, that the gas dirties your stewpans in such a way that it is next to impossible to get them clean again; but as this is on the outside, and not on the in, it matters very little, except that some people take a great delight in seeing all their stewpans beautifully clean,—but then the same objection may be made to the coal fires; and we never saw any excessively bright stewpans in a London kitchen.

The importance of the subject of the kitchen, its necessities, and the directions for cooking, are greater than many people imagine. It is not a question of gluttony, but one that affects the whole system of social happiness and civilization; for rely on it, if such a man exists, that the person who is careless in what he eats is careless in everything else. It is of the utmost importance that domestic economy should be studied and practised by every one. In most families, too much money is expended in eating and drinking. We hear people complain that they have no means of paying for amusements, because the expenses of their houses eat up all their means. This is a disgrace. We do not want to see stinginess, but due economy practised; and to do this, nothing must be thrown away or lost. We assert, without fear of contradiction, that the expense of a family in England, for the *ménage* (housekeeping) will be nearly double that of the same number residing in Paris,—taking wine in that country as beer in this; and the reason is, they have no large joints, they have no cold dinners, and no kitchen fire to burn a ton of coals or more a-month, and no waste. If wine be left, it is corked up and put on the table the next day. What is left at your dinner is served hot for your breakfast the next day. The bread is cut in the room, on the table, and consequently no more is cut than is wanted (we speak of a family dinner), and there is that rigid regard to order and economy, even on the part of your servants, that prevents that dreadful waste which we have so often seen and reprobated in England. Nothing is so waste-

ful as large joints of meat—nothing so extravagant—nothing so nauseating. In one word, we don't either know how to eat or how to live in England; and unless we endeavour to copy from our neighbours, we fear we shall always be subject to the same charge, viz., "That God sends us meat, and some one else the cooks."



CHAPTER VII.

SOUPS.

A FRIEND called upon us the other day, and seeing us writing the first part of our work, inquired what we were doing; we told him, and he said immediately, "How can you be such a fool as to waste your time on such a subject, my dear fellow? Leave it for cooks and people who get their living by such nonsense; devote your mind to some more worthy purpose." We replied then as we do now. What can be more worthy than to add to the comfort and enjoyment of our fellow-men, and to endeavour, in plain, easy language, to teach those people who call themselves cooks—but who are little more than swindlers—to earn an honest living? Now, perhaps the world at large will say we use too strong a word, in calling the spoilers of human food swindlers; but try them, and put these questions to those who come to be hired:—"Are you a cook?" The reply will be, "Yes, ma'am, a good plain cook," which means that she can do nothing. Then say, "Of course, you have studied chemistry as applied to domestic purposes?" The reply will be, "What, ma'am? chemistry? No, ma'am, never heard of that dish; should not know how to cook that." We see our readers laughing, and saying, "What has chemistry to do with the preparation of dinner?" Everything. Without chemistry, none of the things you eat can be prepared; it is by chemistry that the raw meat and vegetables are transformed into soups, gravies, made dishes, roasts, &c., &c. Chemistry, then, is the base of cooking; and without a knowledge of its principles, all you possibly can do is to guess; perhaps one day you may succeed, and the next spoil anything you attempt. We are not going to encumber this work with hard words, which are generally associated with the idea of the study of chemistry; but we are about to endeavour to explain, in the simplest language, the easiest mode of cooking the food intended for our daily nourishment; and if our directions are duly carried out, everything you have will be good, instead of the reverse. It is absurd to imagine you can have good things made out of bad; and if you will not allow your servant what is wanted, you cannot expect to have in perfection the things you order. But, with the strictest regard to economy, we submit to our readers a plan of housekeeping which we have, from long experience, proved to be better and more economical than the ordinary mode of living adopted

by what are considered good managers of families. It is only in England that cold meat forms a dinner; but can it be said truly to form a dinner? Might you not just as well cut off a slice of bread and eat it in your hand, without plate, knife, fork, or any of the accessories of the dinner-table? The system is decidedly defective. At whatever hour you dine, your dinner should be wholesome, light, and elegant. No one wants to distend his stomach by eating two or three pounds of either hot or cold meat. Use is second nature; and some people say, "I like plain eating; one thing is always enough for me." You can bring yourself to anything; but the question is, if the one thing is as wholesome as two or three. Our theory is that man ought to be nourished with half animal and half vegetable diet; and we feel quite satisfied that this is the true and proper mode of nutrition. We should, therefore, like to give a small dinner for a family of four people according to our idea, with our style of feeding, and the same description of English dinner, and contrast the price. First, then, the English dinner:—A leg of mutton at 8*d.* per lb., weighing 10lb., 6*s.* 8*d.*; potatoes, 2lb., 2*d.*; bread, 4*d.*; the coals for cooking this for 2½ hours may be calculated at ¼ cwt. at 1*s.* 2*d.* per cwt., 3½.—Total, 7*s.* 5½*d.* Now this forms what many people will call a good English dinner; and if the family consists of four persons, will last two days and part of a third.

Now let us take our plan:—

	<i>s.</i>	<i>d.</i>
A bundle of carrots	0	2
1 mackerel	0	4
1lb. rump steak	1	0
Parsley and onions	0	1
Potatoes, 1lb.	0	1
Bread	0	4
Coals for cooking	0	3½
Butter	0	3
		<hr/>
Total	2	6½

And with this we would give you a tureen of good carrot soup, a mackerel *à la maitre d'hôtel*, and a beefsteak *aux pommes de terre*. Here, then, we have a hot dinner, well dressed, fit for any person of refined taste, for about one-third of your well-managed English dinner. "But," you will say, "the leg of mutton will last two, and probably part of a third day; so your calculation is erroneous." To this we reply, "No, it is not; because we have 5*s.* in hand, to

supply the other two days, whereas you have to purchase more potatoes, and more coals to cook them with for the next two days; so that we have still the advantage, and we have a dinner of three things, good, wholesome, nourishing, and appetizing; whereas your leg of mutton, the second day, is insipid, and the third, more uninviting." We have tried every plan that could be devised, and find the simple joint by far the most expensive; and, consequently, we advise all who wish to economize to adopt our plan, as the one most likely to conduce to health and economy. There is another thing most essential, and that is, to provide in the summer for the winter. Sauces of all sorts are most easily prepared in the summer, and with care they last good for a very long time, while they cost very little, and are always ready when wanted in the winter. If the family be rather large, and the table good, a stock pot is one of the most essential things to have; but then we advise the soup or stock pot to be always of brown stone or earthenware, like the jars and pans that are in constant use in every house. This should be the boiling pot for all things wanted to be boiled. None but those who have tasted it can have an idea how much better is a fowl boiled in soup than one boiled in water. Besides, as you progress in this work, you will see how many things require par-boiling in soup, in order to make good dishes. Bones make most excellent soup; in fact, better than meat, if properly managed. We mean uncooked bones, such as are to be got at every butcher's. These, broken small and put in your stock pot, produce the best, the strongest, and the most nutritious soup.

BOUILLON.—We insist upon the necessity of getting what the French call a "*pot au feu*," or brown stone or earthenware pan, like a bread pan. This, before it is used, should be rubbed inside and out with a clove of garlick, which, "they say," prevents it cracking. However, sometimes it will crack, careful as you may be; but then it is not a very costly affair; and we will tell why it is better to use an earthen pan than an iron pot. It takes a long time to get hot, and when it is hot it takes a long time to cool. All soup, that is, all meat to be converted into soup, should warm slowly; and when it has once boiled, it then only wants to simmer. Now this is more perfectly obtainable in the *pot au feu* than in any other way; and the reason is, that the particles which are contained in the meat, to form the soup ought to be disengaged very slowly, and consequently the *pot au feu* regulates itself; but the boiling pot in iron, to have the same effect, would require to be regulated by the constant application of the thermometer, and the

alteration and diminution of the fire,—too scientific a matter for a ten-pound servant, who can perhaps read but not write more than her own name. If these directions are attended to, good soup is very easily made. The meat, or uncooked bones, should be put into the *pot au feu* with cold water, and then placed on the fire, not too large a one, and allowed to boil by slow degrees. Just before it boils, a small dessert spoonful of salt should be thrown in. This will make the scum rise, which should be carefully taken off, and then the vegetables should be added (having been first prepared and washed). This, then, is the stock for all other *soupes grasses*, and it should be well attended to and well made. For this there is colouring matter required. Burnt sugar is that usually used in England; but it gives a bitter taste, and is not nearly so good as burnt, or rather baked onions or carrots. These are peeled and put into an oven and baked till they are quite black, but not burnt; they should then be kept dry, and used for colouring soups and gravies. The great complaint of the English soup is that it is too strong; the French call it glue, and very properly so; it overloads the stomach, and is unwholesome; and being generally made of shin of beef, the meat is wasted. This we set our face against entirely, as domestic economy is one of the most essential things to study in the management of a family. A large quantity of meat or bones is not required to make good soup, nor yet a large quantity of vegetables; your soup, well made, should be a good “*ensemble*,” but nothing should predominate, unless it is a *purée*, and then, of course, the vegetables from which your *purée* is made should be and will be the only flavour that you taste. If, for instance, you want carrot soup, what use is there in putting veal stock to it? You never taste the veal, and it is so much thrown away. If pea soup, you taste nothing but the pease, and consequently everything you add is so much loss. English ideas may not follow this principle; but we say try the two together, and do not let any of the party know which is which, and we promise that that made after our receipt will be most esteemed; that is, by persons of delicate and refined taste. There are many soups made in France called *maigre*; these are, if well made, most delicious and nutritive; and if the prejudice is not entirely against them, we feel quite sure if they are tried they will be admired. Another observation we have to make on this subject—one ounce of brown sugar much improves *soupes grasses*; it is said to be equal to one pound of meat; at any rate, it softens it and adds much to the flavour. The vegetables used in France for what is termed a *pot au feu*, are,—two carrots, one parsnip,

two turnips, two or three leeks, a small bunch of parsley, four or five of the outside leaves of celery, and, if liked, about one-fourth of a clove of garlick,—never any onion. The quantity of meat or bones commonally used for a family of six persons to make soup for two days, would be from three to four pounds of beef, or the same weight of bones. The parts generally used in France are the round, the leg “of mutton piece,” the veiny piece, and the brisket or thick flank. This meat in private families is always served after the soup, and the next day it is made up with fried onions, or tomato or tartare sauce, and forms a very good dish. During the melon season, it is eaten the first day with a slice of melon, and is excellent. The quantity of water for so much meat or bones would be five or six quarts.* If a stronger soup is required, the French, after straining it off into a delicately clean pan, boil it down the next day till they reduce it one-half. This is what is so much liked by the English, and is called in France *consommé*. Thus, then, you have the whole history of making soup, as practised by the best French cooks. It is nutritious, agreeable, and wholesome; and forms the stock for brown French gravies, and all sorts of meat soups.

An Irish friend of ours told us that the French had no idea of making soup, notwithstanding he always praised those made by a French cook. One day he said he should much like to taste giblet soup made as in France: we gave the proper directions, and invited him to dinner. He came, he eat, and admired; but he was one of those who never could dine with you unless you agreed to dine with him in return; so, because he had eaten giblet soup *chez nous*, he ordered his Irish servant to make some for dinner. It came; but the soup tasted of nothing but pepper, without any thickening,—we could not praise, and we would not condemn, but we could not eat the vile composition; so we feigned sudden indisposition, as the only means of avoiding the wretched compound.

Soupe Julienne.—This is made from the stock before described, and if required to be very good, of the *consommée*, with carrots cut into very thin slices, about three-fourths of an inch long and one-sixteenth of an inch square, turnips, asparagus tops, potatoes, Brussels sprouts also cut very small, about a couple of dozen white haricot beans well boiled, and a dozen French beans cut very small, as before described, and a small teacupful of green pease, all boiled in the soup till quite tender, and then served quite hot. This is most excel-

* French measure “1 litre” per lb. 1 litre is a little better than three Imperial pints English.

lent if well made, but execrable otherwise. The soup or stock should boil before the vegetables are added, and then gently simmered till all are well done.

Soupe Julienne Maigre.—Take the same ingredients as the above, but instead of boiling them in the soup, they should be stewed till perfectly tender in butter, and then boiling water poured upon them and boiled up, in order that all may be well amalgamated, and served very hot. This soup, if made according to these directions, is excellent, and not in the least degree greasy. It will, however, take from between a quarter and half a pound of butter. And here we would observe, that whenever soups or gravies are to be enriched by the addition of butter, or to be thickened by flour and butter as in England (which we do not recommend), the soup or gravy must be boiling, or the butter will not amalgamate.

Vermicelli Soup.—This soup is made like the Julienne, except that the vermicelli is broken up and put into the soup while boiling from fifteen to twenty minutes before it is served.

Vermicelli Soup Maigre.—This soup, which is excellent if well made, is to be prepared as follows:—Boil in equal quantities as much water and milk as will be required for your soup; when it boils put in your vermicelli and about two ounces of good butter, and let it boil till your vermicelli is quite tender; add pepper and salt; then beat up in your soup tureen the yolk of two eggs, and pour your boiling soup upon them, stirring it all the time, that it may amalgamate well with your soup, and serve hot.

Macaroni Soup.—Your stock should be put on to boil, and, at the same time, you should put into it about two to three ounces of macaroni, which let boil in your soup till perfectly tender, which will be from twenty minutes to half an hour, and serve.

The same, Maigre.—This, if made exactly like the vermicelli, as above described, will be found excellent. The addition of grated Parmesan cheese improves all these sorts of soup.

Sago Soup.—After washing the sago clean, stew it in your soup, as before described.

Tapioca Soup.—This is made the same as the others. The French rule for most of these soups is a tablespoonful of the tapioca, sago, semolina, &c., to each person.

Rice Soup.—This soup is made in precisely the same way as the vermicelli, but it is always advisable to parboil the rice before putting it into the soup, because it retains a very large quantity of liquid, and will absorb nearly all the soup, unless you parboil it.

The same, Maigre.—Should be made in the same way as the vermicelli maigre, and is not by any means bad. If eaten with grated Parmesan cheese, it will be highly improved.

Semolina Soup.—This soup is made of the *bouillon*, before described; and when the soup is boiling, the semolina, about two ounces, should be very carefully dusted into the soup, and the soup stirred the whole time, or it will get into balls, which entirely spoils the appearance of it. The semolina should boil from fifteen to twenty minutes, or it will taste raw, and not swell.

The same, Maigre.—This, if made as directed for the vermicelli maigre, will be found excellent.

Soup in haste.—This receipt came to us through the French Court of the time of Louis XVIII., and is most excellent. Take three Spanish onions, peel them and cut them in slices, fry them a beautiful gold colour in butter; take a cucumber and cut it in slices; grate the red part only of three carrots, and a handful of tomatoes or love apples; stew them all in three quarts of water, with one pound of lean fresh pork, for two hours; or in fact, till the vegetables are tender. Take out the meat, rub all the vegetables through a sieve, boil up the soup with the pulp, which has been rubbed through, and serve it hot. The pork, served with tomato sauce, will be found excellent.

Jerusalem Artichoke Soup, or Palestine Soup.—Take three pounds of Jerusalem artichokes, peel them, cut them, and then throw them into cold water to bleach; then boil them till tender; that is, for about half an hour. Then rub them through a sieve, take the pulp or *purée* so rubbed through the sieve, and put it into equal quantities of veal stock and cream; boil it up, season with Cayenne and salt; and serve it very hot. We have here given the English mode; but for ourselves we prefer half milk and half cream to the veal stock, because the flavour of the veal stock is entirely lost in the predominating flavour of the Jerusalem artichokes. For family use, boiling water and milk may be substituted for milk and cream.

Carrot Soup.—This soup is easily made, and is most delicious. Take a good sized bunch of carrots, grate them, boil them till perfectly tender in water, pass the whole through a sieve with a wooden spoon, and put it on the fire again to boil; when boiling, add a quarter of a pound of good butter, and a quarter of an ounce of brown sugar, season with pepper and salt, and if not sufficiently thick, add three spoonfuls of arrow-root mixed with a little water, and stir it into the soup; have some fried bread cut into dices, and serve the

soup very hot. This soup may be made richer by boiling the earrots in *bouillon* instead of water; but as the flavour of the soup is earrot, why enumber it with anything else? You may add, for those who like the flavour, a Portugal onion fried to a gold colour.

Turnip Soup may be made in the same way as earrot; but it is insipid and not over wholesome.

Potato Soup.—This soup is much liked by some people; it is not of the *haute cuisine*; but it is easily made. We again say, all those who like it may add *bouillon*, but we think it thrown away. The way to make it is easy enough. Mash well, with a fork, about three pounds of potatoes, put them into a saucepan, with enough water to fill your tureen, hoil them, rub them through a sieve, replace them on the fire; when boiling, add two ounces of good butter; skim well all the black seum that arises. Serve very hot, having first seasoned with pepper and salt.

White Onion Soup.—Take two or three dozen large onions, peel them, cut them in slices, and hoil them till they are quite tender, and rub through a sieve; then boil two quarts of milk, to which add the pulp you have rubbed through your sieve, and add pepper and salt; when your soup boils, add two ounces of good butter and one pint of cream; boil all up for about five minutes, and serve very hot; if it be liked, cut up a French roll into the soup tureen, before pouring on the soup; this will be found a most excellent soup, cheap, and we will defy any one to say that it is made without meat.

Apple Soup (Soupe à la Bourignion).—Clear the fat from five pints of *bouillon*, strain it through a sieve, add to it when it boils one pound and a-half of good pudding apples, stew them till tender, rub the whole through a sieve, add a small teaspoonful of powdered ginger and plenty of pepper, simmer the soup two or three minutes, serve it very hot, with boiled rice in another dish.

Parsnip Soup.—Dissolve in a very clean stewpan over a gentle fire, four and a-half ounces of good butter; slice into it two pounds of sweet tender parsnips, and stew them gently till tender; pour in gradually sufficient veal stock (or water) to cover them, and boil the whole very slowly from twenty to thirty minutes; rub it through a fine sieve with a spoon, and add enough stock or good milk to make two quarts; season the soup with salt and pepper, hoil it up, skim it and serve it very hot. Serve with it some bread cut in dice and fried a beautiful gold colour, and well dried.

Observation.—The veal stock or water should be added while boiling, as otherwise it will not amalgamate with the butter.

Veal Stock for White Soup.—This should be made precisely like the *bouillon*, except that the knuckle of veal or calves-feet should be taken, and no colouring should be used, as the stock is wanted perfectly colourless. If a better stock is wanted, we recommend three pounds of the knuckle of veal, from five to six quarts of water, one onion, one carrot, two turnips, three or four leaves of celery, one parsnip, a little parsley, and to those who like the flavour, the smallest possible soupçon of mace; add to this an old fowl, and either the knuckle of a ham well soaked, or a slice of ham. The knuckle of veal, the fowl, and the ham, should be put into the *pot au feu* with cold water, and the vegetables added when it boils. The fowl should be taken out and served with either white sauce (which see), or rice, and the ham skinned and covered with bread crumbs, and served for dinner. The knuckle of veal, if taken out and put into a saucepan, with two ounces of rice and a head of celery cut up, and stewed with a little of the gravy, will also make an excellent family dish. Your stock should be strained off, left till cold, the fat removed; it is then ready for all sorts of white soup, white gravies, sauces, &c. Thus everything is used and not wasted,—the true principle of economical cooking.

Mutton Stock.—Whenever you have boiled mutton, let the cook preserve the water in which it is boiled; this should never be allowed to stand all night in the saucepan, but immediately strained off into a clean pan, and kept in a cool place; this, with a quarter of a pound of pearl barley, two or three onions cut in slices, three carrots cut up as for *Julienne*, three turnips, and eight or ten little flour-and-water dumplings dropped in when the whole is boiling, make an excellent hotch-potch, and if nicely seasoned with pepper and salt, is wholesome and nutritious. And thus, again, nothing is lost; besides, this stock is good to make many white soups. It is this economy which enables a good cook to give you a good dinner at a cheap rate.

White Soup.—Take of the veal stock before described two quarts, put it into a clean stewpan, mix with it when it boils a pint of cream, smoothly blended with an ounce of arrow-root, add to it two ounces of vermicelli, which has been previously boiled in water and well drained, and an ounce and a-half of sweet almonds, blanched, and pounded in a mortar; simmer it, and serve it very hot, with a French roll cut up in the tureen, or without, as you please. If this is not found sufficiently thick, you may beat up the yolks of two fresh eggs and pour the soup on it, stirring it all the time, so that it may mix well. The vermicelli may be omitted, if not liked, as likewise

the French roll; but in the event of the omission of the vermicelli, the yolks of the eggs should be added.

Mock Turtle Soup.—There are a great many modes of making this soup, all of which are, we make no doubt, very good and very expensive, very rich and very strong. Let those who like these modes, follow them; all we can say is, that we were never able to eat anything after this soup, and always found ourselves uncomfortable the next day. This is what we wish particularly to avoid. Simplicity is our rule, and here is our simple, but good mock turtle soup.

Boil a calf's head in the usual way, only add an onion to the water in which it is boiled. Strain off the water, and keep it till perfectly cold; then take equal portions of this cold stock and of *bouillon*; put them into a stewpan, and let them boil; then put into a clean stewpan a quarter of a pound of good butter; add to it, when dissolved, some fine flour, so as to make a good colourless *roux*; when your butter and flour boil well—which must be kept stirred all the time—moisten it by degrees with the boiling soup, and it will become very thick. If it is not of a sufficiently dark colour, add to it half a burnt onion; cut your calf's head into square pieces, and warm them up in your soup; add force-meat balls, made as follows:—a quarter of a pound of suet chopped fine, a quarter of a pound of bread crumbs, some parsley chopped very fine, a little cayenne pepper, a little salt, and moisten with two eggs. If this does not sufficiently wet the mixture, add a dessert-spoonful of milk; if the flavour of lemon be liked, you may chop the rind of half a small lemon very small and add to the force-meat; these should be rolled small, rubbed in flour, fried a gold colour, and slipped into the soup a few moments before it is served. Five minutes before you serve your soup, put in a couple of glasses of sherry or Madeira. It is stated that egg-balls are not now served; but if well made, we think them not only an addition, but an improvement to the soup. They are prepared as follows:—Boil eight or ten eggs hard, break up the yolks in a mortar, then add the whites of three raw eggs, and mix with the boiled yolks; make them into little balls, rub them in flour, and fry them a beautiful gold colour, and add them at the same time you add the force-meat balls. Many people like the addition of a little ham cut into dices as a further flavour. Should this be the case, the best mode is to take about a quarter of a pound of cold dressed ham cut thick, and then cut into dice, and add it at the time you put in the calf's head. With this soup should be served lemons, cut in half, and cayenne pepper.

Ox-tail Soup.—This delicious English soup can be made either with or without the addition of *bouillon*. To make it for general family use, take two ox-tails, cut them at the joints, and throw them into boiling water for ten minutes; then throw away the water, and put them into the *pot au feu* with cold water, and bring them by slow degrees to the boiling point; throw in some salt, just before they begin to boil, to make the scum rise, skim well, and then add the following vegetables:—three onions, cut in slices, and fried a light brown; from four to six carrots cut in slices, and also fried a light gold colour; half a burnt onion, and one ounce of brown sugar. Let all stew till perfectly tender; strain off the soup, make a *roux* as before described, and add the soup, boiling by degrees; take the pieces of ox-tail from the vegetables, and add them to the soup, which boil up and serve hot. If the soup is wanted to be better, take the *bouillon* and add to the ox-tails instead of water; but we promise, if made after our directions, it will be as good as can be desired by even the most fastidious person.

Giblet Soup.—Another of the English soups, much admired. The giblets—either of turkeys or geese—should be properly cleansed, and boiled with an onion in the water; and when tender, should be taken out, and the liquor thrown away. They should then be cut into small pieces, and put by till wanted. Take as much *bouillon* as will be necessary for your company; thicken as before described—that is, with a *roux*—and add the giblets, and let it simmer till the meat will come easily away from the bones, and serve very hot.

Soupe à la Reine.—Skin, clean, and wash a couple of fowls; pour upon them six pints of veal stock, and boil gently for an hour; then take them out, remove all the white meat, mince it, and pound it in a mortar to the finest paste. The bones of the fowls should be returned to the soup, and boiled for an hour and a-half; add salt and cayenne pepper to your taste, strain it off, and let it cool, and then skim off all the fat. Steep in some of the boiling soup four ounces of crumb of bread; and when it has simmered a few minutes, wring the moisture from it in a dry cloth, and add the bread so prepared to the meat in the mortar, and pound it all together till perfectly amalgamated; then add the stock by degrees, so as to mix smoothly; pass the whole through a sieve; warm it up in a clean stewpan, stir into it from a pint to a pint and a-half of boiling cream, and if not sufficiently thick, add an ounce and a-half of arrow-root, in a few spoonfuls of cold stock or milk, and this must be added while the soup is boiling, and stirred, lest it should lump.

Pepper Pot.—Four quarts of *bouillon*; two double handfuls of spinaeh, boiled and chopped fine; one small onion, chopped fine, fried a gold colour in butter; some parsley chopped; one carrot pounded in a mortar; add all together, and boil for three hours; then add a lobster, erab, or salt fish, cut into small pieces, a little ocre powder, and from ten to twelve very small suet dumplings; boil all together for half an hour more, and thicken it with some flour and butter in the ordinary English mode; season with pepper and salt, and serve very hot. We can attest the excellence of this soup, which we have frequently tasted made after the above receipt.

Oyster Soup.—This soup is easily made; but if great care be not taken, it will be spoiled in a moment. The quantity of oysters for two quarts should be about ten dozens. We need not say—for that we hope is always understood—that everything we name should and must be of the best. Natives are the best. These should be fresh opened, and all the liquor they contain be saved and strained, that no particles of shells may be found therein; beard the oysters and put the beards into two quarts of veal stock and boil them half an hour, then strain off your stock into another stewpan, in which you have made a *colourelss roux*, before described. The fish should be plumped in their own liquor, and not boiled; pour the liquor and the oysters to the soup, and add a pint of boiling cream. Some people admire the flavour of mace. If so, it will be well to add one blade of it to the soup: we prefer common pepper and salt. This soup may also be made with milk and water, instead of veal stock, and no one but the cook will be the wiser; the veal stock is lost in the predominating flavour of the oysters, and we have often had it made with a quart of milk, a quart of water, and a pint of cream, and every one has pronounced it perfect.

Hare Soup.—Cut a hare into joints, put it into a jar with 1lb. of fine lean ham cut into thick slices, three Portugal onions, a blade of mace, a faggot of thyme, sweet marjoram and parsley, and about three quarts of *bouillon*; tie up the jar, and set it in a pot of boiling water, but not high enough to cover the jar. Let it stew very gently for three or four hours; then strain it, and pound in a mortar the meat of the hare and the ham very fine; replace it in the liquor in which you have boiled it; add to it the crumb of a French roll and half a pint of port wine; put it by the side of the fire to simmer for half an hour, and then rub it through a sieve; warm it up, but do not let it boil; season it with salt and cayenne, and send it hot to table.

Additions may be made by making the pounded meat into small

cakes or balls. They will always stick together if moistened with white of egg, and fried; and then you may add force-meat balls. As all this depends upon taste, much must be left to the discretion of the cook. One who lived with us declared it required more talent and taste to make a cook than to make a first-rate dress-maker, and so she was ever afterwards called Talent and Taste. A great improvement to hare soup is, if you have plenty of hares in the house, to get all the livers you can, and boil them in your soup, rub them through a sieve, and add them thereto, as they give a higher flavour than the meat itself.

Woodcock Soup.—Take three woodcocks, and brown them before the fire for ten minutes, cut off the breasts, put the rest into two quarts of *bouillon*, and stew for from three to four hours. Mince and pound the breasts of the woodcocks with half their weight of bread crumbs, butter, salt, and cayenne pepper, and the yolks of four eggs beaten up and added one by one in the mortar; strain your soup, thicken it with a good *roux*, put it on to boil, make your meat, which you have in the mortar, into small balls, roll them in flour, and fry them a light brown, and slip them into the soup five minutes before you serve it.

This may be made with every description of game, and also with the cold game left from the day before.

Mulligatawny Soup.—This is a soup so completely Indian and English, that we would not advise its being given if foreigners are likely to be present unless you wish to see them make grimaces and dance about the room. However, as we must cater for all tastes, and as many people like this soup, we will give it as we find it recorded by most of the English cooks, vouching for one thing, that those who like currie will like this soup, and those who do not will admit the fact. It is prepared as follows:—Fry a young rabbit—that is, the white meat of it only,—cut into very small pieces, or a couple of fowls, of a beautiful gold colour, in sweet oil or butter; drain them well. And here, if we may be allowed a slight digression, let us tell you that if you want to fry anything well, you should never turn it, but you should have enough butter or fine sweet oil to cover entirely what you have to fry. One half of your pan, which should be quite as deep as a stew-pan, should be supplied with a strainer, having small round holes therein, and a back thereto, like what is known for toasting cheese, and is called a *bonnet*. What you have fried should be removed with a slice the moment it is of a gold colour, which, if your oil is sufficiently hot, will not be long, and placed on the before-

named strainer, and every particle of fat will fall into the frying-pan, and nothing lost. Without this machine, never fancy you can fry, for you only deceive yourself. Should sweet oil be used, you can fry onions, fish, meat, and sweets of all sorts, without imparting to any of these things the slightest flavour of the others; and this oil should never be left in the pan, but every day it is used, after it has served its purpose, it should be poured into a brown pan with a cover to it, and kept in a cool place; and thus it will last for months.

Fry also six small Portugal onions, peeled and cut in slices, a light gold colour; then add a couple of quarts of soup, and let the onions and the pieces of fowl or rabbit stew till quite tender—that is, till you can remove the meat from the bone with a spoon. Make a *roux* as before described; add the soup to it boiling hot, by degrees, which should, however, be strained through a sieve before being added to the *roux*. Take out from the onions the fowl or rabbit, and return it to the soup; mix well with a little rich cream, two tablespoonfuls of curry powder, and stir it into your soup, and take care it does not get lumpy. Simmer it for fifteen minutes, and serve it very hot. Boiled rice should be served in another dish. Some people do not dislike the onions, and will leave them in the soup. This obviates the necessity for straining it. Of course, the soup must be seasoned to your taste. As the curry powder is hot, we think salt is all that will be required. In India, this soup, we make no doubt, is excellent, because there it is made from the fresh vegetables from which the curry powder is manufactured, and becomes a *purée* of vegetables; but to the lovers of hot things, we promise they will find this good.

Green Pea Soup.—This, which we have before said, does not require beef or veal stock, can be made with water just as well, because the flavour of the pease absorbs all other savours. Our receipt is as follows:—

Boil from three pints to two quarts of large pease in water slightly salted, and put in the pease when the water boils. Do not cover the pot; and if you have any fear that the pease will not be of a very bright colour when boiled, add half a teaspoonful of carbonate of soda, which will preserve the colour. When they are quite tender, rub them through a sieve with the back of a wooden spoon. If the water in which they have been boiled should be too salt, it must be thrown away: if not, it will serve very well for the soup. Dissolve in a clean stew-pan a quarter of a pound of good butter; stew gently in it an onion (Portugal), chopped very fine. When the onion

is tender, add flour to thicken your soup; keep it stirred, as before-described for a *roux*, and add, by degrees, the pease and liquor in which they were boiled. If the soup is not of a good green colour, bruise, with the back of a spoon, some parsley, and extract the juice therefrom, which will much heighten the colour. Season to your taste. About half a pint of young pease, boiled first, in the usual way, well drained, and put into the soup before sent to table, will be an improvement. People who think that this is a poor, washy mess may add beef or real stock, instead of the water; but we do not advise it. When pease first come in, the pea-shells, boiled and passed through a sieve, with the liquor in which they are boiled, and the *roux* will be equally as good as the pease. This we have proved a hundred times, and we recommend you to try it before you condemn it. The best cooks have, for years, before pease came in, used the pea-haulm for the same purpose. Thus, you see, none of us know what we eat. As Sam Weller says, "It all depends upon the seasoning."

White Haricot Soup.—We make no apology for introducing this soup, because we are informed that these beans, which are the seeds of the French bean, are now regularly imported into this country, and can be got of any seedsman. If well made, it is a most excellent soup. Take a pint of the beans, soak them for twenty-four hours, put them into a saucepan, with plenty of cold water, and boil them till they are perfectly tender. If the flavour be not objected to, we advise a quarter of a clove of garlic to be boiled with them, or an onion; when perfectly tender, strain them off, and keep the liquor in which they have been boiled; then take a clean stewpan, and dissolve in it a quarter of a pound of good butter, and stew therein two handfuls of sorrel, nicely washed and picked, add some flour to the butter and sorrel, and put the liquor by degrees to the *roux* and sorrel, and let it boil for about fifteen minutes; cut two French rolls into slices, and put them into your soup tureen, season with salt and pepper to your taste, beat up the yolks of two eggs (some people use the whites also), and pour your soup on to it, or pour the eggs into the soup, stirring it all the time; then serve quite hot, pouring it over the French rolls, which you have cut up in your tureen.

We can assure our readers that this soup is extremely good. A perfect John Bull who dined with us the other day, and sets his face against everything French, and even sent his servant away because she once asked him if he would have French beans for dinner, declared it excellent. The beans are afterwards to be served as a vege-

table in a sauce *à la maitre d'hôtel* (which see); and we think they are far superior to potatoes, except when in the early season. If the soup is required to be thicker or richer, this may be produced by rubbing a portion of the beans through a sieve, and so making a *purée* of it, and also by the addition of milk and cream; but this is unnecessary, as it is sufficiently good without.

Pea Soup.—Everybody knows how to make pea-soup; it is to be found in every house and every ship, and at every inn; and when you have got it, no one knows how it is made,—at inns, from the bones collected off all the dirty plates; at sea, with the water in which the junk is boiled; at home, according to the taste of your servant: but don't be too curious to know the compound. We have seen everything stuck into a saucepan to make stock for pea-soup: the bone of an edge-bone of beef, a ham-bone, a leg of mutton bone, a rib bone of beef, all together and in turns. But our plan is simple, and we say good. We maintain this soup requires no beef stock; that, if it be used, it is not tasted, the predominating flavour of the pease preventing your tasting anything else.

Take one quart of split pease, soak them six or eight hours, take three Portugal onions, and cut them in slices and fry them a light gold colour; take three carrots, cut in slices and fry them also; put them into a saucepan, with as much water as will serve, after wasting, for the quantity of soup you may require; put in the pease, and simmer very gently till the pease are perfectly tender, and will easily rub through a sieve; rub the whole through a sieve, with a wooden spoon; return it into a clean stewpan, and set it on the fire to boil; when it boils, to about two quarts add three ounces of good butter, and stir it so that the butter shall mix well with the soup. Season with pepper and salt, and serve it very hot.

There should be put into the soup-tureen, after the soup is in, some fried bread cut in dice, not toasted, but fried, as before described. This bread must be fried very crisp; and if there be the least chance of the dinner being kept, it will be better to send it in a dish, and hand it round, because the beauty of this is, that the *croûtons*, as the French call them, shall be very crisp. Some people serve mint dried and powdered, but this is according to taste. The variations in this soup are the simple addition of *bouillon* instead of water; but, as we have before said, this is a waste of the most useless description. However, suit your own taste,—there is no law against its use.

Cocoa-Nut Soup.—Take out the white inside of a cocoa-nut and

grate it fine on a clean bread-grater; allow two ounces for each quart of soup, simmer it gently for one hour in the stock, which should be then strained and thickened for table.

If this soup be required brown, the grated nut should be fried a bright gold colour in butter, and care taken that it does not burn; the quantity of butter to the cocoa-nut will be one ounce to a quarter of a pound of nut, and the nut added when the butter is dissolved.

For the white cocoa-nut, cream should be added to the thickening; and for the brown soup, two glasses of sherry.

Chestnut Soup.—Peel the chestnuts, throw them into a pan of warm water, and just as it comes to the boiling point, remove from the fire and take out the chestnuts; free them quickly of the inside peel, and throw them into cold water; wipe and weigh them. Take three-quarters of a pound for each quart of soup; cover them with stock or water, and stew them gently for three-quarters of an hour, or until they break when touched; drain them, and pass them through a sieve; mix with them the water or stock in which they have been stewed, add cayenne pepper and salt, and stir often till it boils. Three-quarters of a pint of rich cream will much improve this soup.

Pig's-feet Soup.—We extract this from Miss Acton's cookery book. We have never tasted it, and should think it very bad, even although dignified by the name of the Lord Mayor's Soup.

Wash thoroughly two sets of moderate-sized pig's ears and feet, from which the hair has been carefully removed; add to these five quarts of cold water, and stew them very gently with a faggot of savoury herbs and one large onion, stuck with cloves, for nearly four hours, when the ears may be taken out; stew the feet for another hour, then take out the feet; strain the soup, and set it in a cool place till cold; take off the fat; bone the ears and feet; cut the flesh into dice, and keep covered with a clean cloth until it is wanted for use; then strew upon it two table-spoonfuls of savoury herbs chopped fine, half a saltspoonful of cayenne pepper and salt; put into a stewpan half a pound of good butter, and when it is dissolved, add as much flour as it will absorb; keep these stirred over a gentle fire for ten minutes, pour the soup to them by degrees, letting it boil up after each portion is added; put in the meat and half a pint of sherry, simmer the whole from five to ten minutes, dish the soup, and slip into it two ounces of delicately-fried force-meat and egg-balls, as described for mock turtle soup.

We give the following receipts for the benefit of our country

readers. Those in town would do well to send their turtle to one of the renowned houses to dress.

Turtle Soup (the London Coffee-house Receipt.)—Kill the turtle—say it weighs eighty pounds—over-night, that it may be left to cool and bleed till the next morning; cut off the fins and separate the fleshy parts and the fat from the shell; then divide the upper and under shells with a kitchen saw into large pieces, scald them in boiling water, scrape the fins well, and the shell will easily come off; they must then be put into a large stock pot covered with hot water, and left to boil by the side of the stove fire until the glutinous substance separates from the bone; they should then be cut up into square pieces, and put away in pans. Put the bones back into the broth to boil an hour longer.

Take a quarter of a pound of butter and spread the bottom of a large stock pot with it; put in two pounds of raw ham cut into thin slices, twenty pounds of soup beef, and thirty pounds of leg and knuckles of veal, also the flesh of the turtle; moisten the whole with four quarts of good stock; add a pottle of mushrooms, two dozen cloves, a little allspice, two ounces of mace, a bouquet of parsley tied up with some thyme, four bay leaves and green onions; stand it on a brisk fire to boil, and when the liquor has become reduced to a glaze, fill it up instantly with water and the broth from the turtle bones; skim it, and let it boil gently for six hours; strain it through a soup cloth for use. Make a *roux* of two pounds of fresh butter, and proceed to thicken the turtle liquor in the same manner as other sauces; in order to cleanse it of the grease and skum, strain it through a tammy cloth into a large soup pot, adding two bottles of Madeira.

A *purée* of herbs must now be made as directed:—Sweet basil must form one-third proportion of the whole quantity of herbs intended to be used; sweet marjoram, winter savory, and lemon thyme, in equal quantities, making up the other two-thirds; add to them a large handful of parsley, a bunch of green onions, and some trimmings of mushrooms; having stewed these herbs for an hour, rub the whole through a tammy; this *purée* must be added to the thickened soup, with the pieces of fins and the square pieces of turtle; season with cayenne and salt; the whole must boil for a quarter of an hour, after which carefully remove the scum as it rises; put the turtle away in two or three quart basins, dividing the fat from that which has been boiled separately. When the soup is required for use, and just before going to table, add, to every two quarts, half a pint of Madeira or sherry, and the juice of half a lemon.

Another receipt for dressing Turtle.—Cut off the head and allow the fish to bleed, and drain for two hours; then cut off the fore fins, run the knife round the under shell (callipee), detach it from the hind fins, and remove the entrails.

Take off the fat which is found adhering to the lean meat and also to the back (callipash), and boil in warm water; when tender cut into dice. Dip the fins in scalding water, and with the assistance of your knife, the scales will easily peel off; proceed in the same manner with the callipash and callipee, which is to be cut into pieces about eight inches square.

Take the lean meat which you have cut from the callipee, cut it into pieces, put it in a stockpot with an equal quantity of knuckle of veal, and the usual accompaniments of carrots, allowing three pounds of meat to make a quart of stock; when it has boiled up and is well skimmed, lay the pieces of callipash and callipee on the top and let the whole simmer gently till tender; take out the callipash and callipee, put them in cold water, carefully take out the bones, and cut the meat in pieces one and a-half inches square.

Slice a sufficient quantity of onions, and a liberal quantity of lean York ham cut in dice, marjoram and basil, thyme and parsley, (three times the quantity of marjoram and basil that there is of thyme and parsley), a few allspice and a blade or two of mace; stew the whole gently in water, until the onions are cooked; add sufficient flour to thicken the quantity of soup required; stir in the broth (previously strained).

Bouillon Maigre.—Cut six carrots into thin rounds, as many turnips and onions well chopped, a cabbage, a parsnip, and a head of celery, all chopped; put all in a soup pot, and add one tumbler of water, four ounces of fresh butter, and a bouquet of parsley; boil it till the water has evaporated; then add one quart of pease or haricots, some raw potatoes, or some arrow-root; then add to it as much water as will be necessary for your soup; let it simmer for three hours, season to your taste, and pass through a sieve.

Soupe à l'union avec Fromage.—Proceed to make this soup as precisely described for *soupe à l'union*, only before serving, cut into very thin slices some Gruyère cheese, and lay them in your tureen, and pour your soup boiling on to the cheese. Gruyère cheese is always used in France, because it is cheap and easily procured; we should say any of the white, rich, oily cheeses will do as well; and fresh Parmesan, we think better than the Gruyère.

Soupe à l'Onion.—Fry from ten to twelve onions, a beautiful gold colour, in some good butter; put them into a stewpan with an ounce of fresh butter and a spoonful of sugar, add sufficient *bouillon* for your soup, and just before serving add a wine-glassful of good French brandy; season with pepper and salt. This soup is the commonest in France; but it is usually made without stock, with water, or milk and water, and is thickened with a little flour. It makes a change; and for those who are fond of the onion flavour, is not bad. Cut a French roll into your soup-tureen before you serve it. In France they make bread called *flutes*, which is used entirely for soups; it is long, round, and with very little crumb to it.

Prawn Soup.—Take two hundred prawns fresh boiled, pick them very carefully, stew them gently in one quart of veal stock; take four ounces of butter and dissolve it in a clean stewpan, add as much flour to it as it will absorb, and keep stirring it all the time; moisten it with one pint of new milk, then add your stock and prawns, give it a boil up, and season with pepper and salt; when it boils, stir into it one pint of good rich cream, but do not let it boil after the cream is added, and serve very hot. If the flavour of mace is liked, one small blade may be added. This soup may be made with shrimps, or lobster and crab, as well as prawns. Water may be substituted for the veal stock, if none be ready, without in any way deteriorating from the flavour of the soup, which, from the milk, cream, and butter, will be sufficiently rich without it. Great care should be taken, as success depends upon exactly following the receipt.

Soupe à la Cressy.—This soup is made from the red part of the carrot only, which is finely grated, stewed till perfectly tender in *consommée*, then rubbed through a sieve, seasoned to taste, and about two ounces of rice boiled extremely dry and mixed into the soup, and served very hot with fried bread, as before described, cut into dice. Some people add an ounce of sugar, but we think the carrots are sufficiently sweet without this addition.

Soupe au Chou, or Cabbage Soup.—To those who like the flavour, this soup is by no means bad. It is made as follows:—Take a large white cabbage, wash it, and soak it well; put it into plenty of water with a pound of bacon, and three good-sized carrots cut in slices, and boil it till quite tender; strain off the soup, return it to your stewpan as soon as it boils, add four ounces of butter, season with pepper and salt; cut some bread into your soup-tureen, trim nicely your cabbage (which is to be served with the bacon on it as a dish), and the outside leaves and the trimmed part of the cabbage may be replaced in

the soup; then pour it over the bread, and serve very hot. Some people chop up the cabbage and carrot, and moisten them with a little of the soup, and serve it after or at the same time, in another dish, with the soup, with which it is eaten.

Bisque aux écrevisses.—Choose a quantity (large or small) of crayfish, wash them and pound them in a marble mortar raw, put all in a stewpan on a brisk fire, with a sufficient quantity of butter, salt, pepper, nutmeg, and crumbs of fresh bread; leave it for half an hour on the fire; pass it through a sieve, add enough *bouillon* or water to make the whole liquid, put the stewpan again on a very slow fire, and serve on fried bread cut into dice.

Another mode of making it.—Take your crayfish, and cook them on a quick fire, in water, or wine, or vinegar; add butter, salt, pepper, nutmeg, a bouquet of parsley, thyme, bay-leaf, and some shallots; when the crayfish are done, let them get cold, pick them and pound them in a mortar, with some rice previously cooked in *bouillon*; pass all through a sieve, and put it into a saucepan, and add *bouillon* if too thick. While it is heating on the fire, pound the shells with some gravy, or the eullis in which they have been cooked; put it into another saucepan to make hot, but do not allow either the one or the other to boil; put into a tureen some crusts of bread, moisten them with the rice, flesh, and *bouillon* which is in the first saucepan, and turn on to it the contents of the second saucepan, so that the bisque may be of good colour.

To make a Cullis of écrevisses.—Choose thirty crayfish, wash frequently, boil them in hot water, pick them, and put the shells into a mortar, where they are to be pounded with one dozen almonds and the meat of the crayfish, and kept till wanted. Take a pound and a-half of lean veal from the fillet and some lean ham, cut these in slices and put them into a stewpan, with an onion, some carrots, and some parsnips; put them over a good fire; when all is as thick as veal gravy, put in a little flour and some dissolved bacon fat, let it boil, and stir it continually; then moisten it with good *bouillon*; season with salt, pepper, cloves, parsley, young onions, mushrooms, truffles, and a crust of bread, and let it stand by the side of the fire; take out the veal, add to it that which is in the mortar, and pass the whole through a sieve. This is good with all soups, either rice or vermicelli, or any other; and also many made dishes will be much improved by the introduction of some of this eullis.

Another mode for the Soup.—Having given the above three receipts, we proceed to give the one under the head

Bouillon aux ecrevisses.—Make a *purée* of crayfish, by pounding in a mortar and rubbing them through a sieve; moisten with *bouillon*, pour into your soup-tureen a little to moisten your fried bread cut into dice, and do not add the rest of your *purée* till the moment before serving.

The meaning of this, (which we give literally, because it is considered the best soup in France,) is, that you are to make a *purée*, which you will not be able to do except by the addition of a portion of the soup to the pounded fish. You are then to pound the shells with more *bouillon*, to give it a good colour, and you are to moisten your fried bread with the *bouillon*, and not to put the *purée* in till the moment before serving it.

Potage à la Jardinière.—Take of potatoes, turnips, carrots, celery, and leeks, an equal quantity; cut them very small, put all in the stewpan on a slow fire to blanch, and stew when tender with some butter; add good *bouillon au consommé*, and when nearly done add pease and asparagus ends; or you may blanch and nearly cook the vegetables in just enough water to prevent them sticking to the pot.

Potage aux Laitues.—Take lettuces, wash them well, and tie them up; boil them till tender in good *bouillon*; untie them, and serve hot.

Potage d'Orge Perlé—Barley Soup.—Wash well some pearl barley, boil it in water and strain it, then boil it in good *bouillon* till perfectly tender, and season with pepper and salt. About two ounces will be sufficient for two quarts of *bouillon*.

CHAPTER VIII.

FISH.

IN cooking fish, the greatest difference exists between the English and French methods. In England fish is both good and comparatively cheap; while in France it is one of the dearest articles of the *cuisine*. Yet the French prepare fish in perfection; while in England it is tasteless and insipid. Thus, an old friend of ours used to say that he never took fish but for the sauce. We have heard of an officer of the Blues who made a bet that he would have his regimental gloves stewed like carp, and that every one should admit them to be quite as good; and in this he so far succeeded as to win his wager!

We shall presently give directions as to the choice of fish, and how to know when it is good; but we wish at present to draw the attention of our readers to the fact that they have never tasted fish properly boiled unless they have been to France. In England, salt, vinegar, and horse-radish are all that is ever put into the water for boiling fish.

Turbot au Bleu is a thing unknown in England; and yet you will find that, even without any sauce, it is very good eating. Now this *bleu*, or *court bouillon*, is worth studying. It is a simple dish, and easily prepared. It consists of water, three onions, a bouquet of parsley, two turnips, two carrots, one tumblerful of light white wine (such as Chablis, Grave, Sauterne, or Moselle), and one tumbler of vinegar. The whole is then salted and peppered, and allowed to boil; care being taken to remove every portion of scum as it rises. While boiling, the fish is put into it, the fire reduced, and stewed till tender, and perfectly cooked.

Salmon is thus stewed, and kept for days cold. Served with a mayonaise sauce, it is one of the greatest delicacies.

This, then, is the secret of boiling fish in France; and we can assure our readers of its excellence.

The next subject is that of frying fish, or, as the French call it, *la friture*. Fish should be fried in oil, and never turned; if you turn it, you spoil it. It ought to be entirely immersed in the oil, and taken out as soon as it has acquired a bright gold colour, and drained over the frying-pan, as before-described. Every other mode is only an attempt at making shift with what you have got. A good workman will not attempt to work without tools; and a good cook ought to follow the same rule.

Having drawn the attention of our readers to these points, for the sake of brevity, we shall say, in our several receipts, when we mention boiled fish, "simply to be boiled in a *court bouillon*;" when we say fried, we shall simply say, "as before described;" it being always understood that we mean in oil, which is completely to cover the fish, and that it is not to be turned.

We shall now proceed with our directions in the choice of fish. And we shall here observe, *en passant*, that if you reside in London, you should deal with a first-rate fishmonger. If you pay your bills regularly, he will not, for his own credit, send you bad fish. The signs of freshness, however, will be eyes bright, gills red, body stiff, flesh firm, but elastic, and an agreeable smell.

The best turbot is what is called a *chicken turbot*. It should be

thick and full fleshed; the white side should be a yellowish-white or cream-coloured. Soles are to be chosen by the same rules.

Salmon should have small heads, large shoulders, and small tails, and the scales should be bright. Salmon, to be eaten in perfection, should be cooked the instant it is caught.

The flesh of codfish should be white and clear; and this should continue after being cooked. Cod should always be crimped, which must be done while living, or immediately after.

Herrings, mackerel and whiting cannot be too fresh.

Eels are usually skinned alive; but we think it is better to kill them first, by passing a sharp-pointed knife through the bone at the back of the head, before the repulsive operation takes place.

Lobsters, prawns and shrimps, are very stiff when freshly boiled, and the tails turn in; but when the reverse, they are stale and flabby. The hen lobster is preferred for sauces and soups, because of the coral.

Oysters when opened should close firmly on the knife. If the shells are apart in the least, they are out of condition; and if fully open, they are dead. We never heard of any one who liked them in this condition but George the Second, who complained, when live oysters were given him to eat, that they had no flavour, and that he did not like to have them opened with a knife; those he had eaten in Germany only requiring to have the two shells pulled open. The small plump natives are the best, and surpass all other kinds.

Fish must be Cleaned.—If your fishmonger does not do this for you, it must be done with the greatest nicety. Wash your fish well, but don't soak it, for that spoils it, unless it be salt fish. Take care that all the scales be removed, and then wash it. Be quite sure not to leave any of the inside in the fish, nor any blood, which should be carefully scraped out with the point of a knife from the back-bone. The mullet, however, is always dressed with the inside in it. Smelts are drawn at the gills. Fish should never be dressed in a saucepan or fish-kettle which is used for any other purpose; or, rather, never use your fish-kettle for anything but fish.

To Boil a Turbot.—Put into your turbot-kettle the *court bouillon* before described, and boil it very gently, or rather simmer it. It will take an hour or an hour and a-half to cook it to perfection; and if it be a very large fish, it will require simmering for two hours, or two hours and a-half. In France, the usual condiment for a turbot is *caper-sauce*, made very rich and thickened with the yolk of an egg. In England, it is lobster sauce; although shrimp sauce or crab sauce, if well made, is quite as good as lobster.

John Dory is cooked in the same way precisely as turbot, and is a much better fish.

Brill.—The same as turbot.

Salmon is dressed precisely the same as the other fish before described; except that it requires longer boiling, or rather simmering, according to its thickness.

Cod-fish should also be dressed as before described. The time it will require in cooking depends so entirely on its size and thickness, that it is impossible to give precise directions. Small fish will require about half an hour, and the larger ones about three quarters; but remember, that none of these fish should ever boil. They should be kept at the point, but without the ebullition necessary to boiling. With cod-fish, oyster sauce is used.

Salt-fish should be well soaked. It should then be immersed in cold water, and placed by the side of a very slow fire. Every portion of scum that arises should be skimmed off; and it never should be allowed to boil. If it does, it is spoiled. You should continue skimming as long as the scum rises. When the fish is tender, it is sufficiently cooked.

To fry all sorts of fish.—Have a deep frying-pan, from four to five inches deep at the least; and if you would have fish properly fried, it must be on a *stove*. The fire-place under your stove should be the precise size of your frying-pan. It should have a half cover, with a back to it as before described; and this half cover, which should be formed like a half moon, should sink a little in the middle, and be pierced with small holes for all the fat to drop through into the frying-pan. This should be filled, if five inches deep, to the extent of three inches and a-half with sweet-oil. The fire should be lighted under it, and the oil brought nearly to boiling point. We say nearly, because the fire of a stove will not bring it to boiling; but, to know when it is sufficiently hot, cut a slice of bread, and dip it in for a minute. If, when you take out the bread, it is of a light gold colour, and very crisp, the oil is hot enough for cooking; you may then put the fish in the oil, and when it is sufficiently coloured, it is properly done. Then take it out, and put it on the strainer, where it will keep hot. Let every particle of oil be drained from it, and send it to table. All fish should be thus fried.

Sole à la Normande.—This most excellent and very elegant dish is very easily made. Boil a large sole, according to the directions for boiling different kinds of fish; keep it hot; make a sauce as follows: Dissolve a quarter of a pound of good butter, add flour to it

and make a *roux* as before described; moisten the *roux* with milk, then add thereto one dozen oysters, one dozen mussels, one dozen cockles; warm up all together, that is, simmer them (for they should not boil); prepare some pieces of bread, four or six, according to the number of your party, cut into some fanciful shape; fry them brown; put your sole into a dish, and your sauce over it; but before you do so, add the yolk of two well-beaten eggs, to thicken the sauce, and season it with pepper and salt; then put your fried bread in the sauce. This dish should always be garnished with fried smelts.

Sole, Whiting, or any other fish, au Gratin.—Prepare your fish as for frying, but do not flour it; rub it over with a little sweet-oil or white of egg; then, from a dredger-box, dredge it well with raspings; chop up, very fine, young onions and parsley, and place them over your fish, and round the dish; take about one dozen mushrooms, peel them, and throw them into vinegar and water for half an hour before using them—this prevents them disagreeing with any one; cut them in small pieces, and put them round the fish; pour over the fish a little clarified butter, and a wineglassful of light wine. This dish, to be made properly, should then be placed over a slow charcoal fire, and covered with a *four de campagne*, before described; on this should be placed red-hot charcoal,—which should be renewed as it gets cold,—to absorb the moisture and brown the fish at the top. It will take from a half to three quarters of an hour to do. It should be served in the same dish in which it is cooked, placed on another, and sent very hot to table. In France they have plated dishes expressly for this purpose.

Cold Fish.—With care and attention on the part of the cook, fish left from the preceding day can always be again served up. In re-warming it, care should be taken to free it from skin and bone; it should also be broken up into flakes, and should never be allowed, under any circumstances, to boil again, unless it was underdone the first day; and even then it is better only to let it simmer. There are so many sauces in which the fish can be warmed, that we refer our readers to this head, in which they will find the kinds most appropriate for each fish.

Mackerel.—There are various modes of cooking this fish, either boiled, broiled, fried, or stewed. All these methods are good. If boiled, they should be served with fennel sauce, and eaten with cayenne pepper and lemon juice.

If broiled, they should be split; and the moment they are done, a lump of butter, well amalgamated with chopped parsley and fennel

should be placed on the fish, near the head; add a little pepper and salt, and then pour over them the juice of half a lemon for two fish. They must be sent hot to table.

If fried, they should be immersed in boiling oil. The sauce previously described should be poured hot over the fish.

If stewed, we give the following receipt:—Take one pint of good *bouillon*; make it hot; then make a *roux*, which moisten with the *bouillon*; cut very fine one dozen white young onions; prepare, as before described, one dozen mushrooms soaked in vinegar; add these to the sauce; put the same into an oval stew-pan, and stew gently, until the onions and the mushrooms are quite tender; cut open the mackerel, take out the roes, if soft so much the better; take two ounces of finely-chopped suet, three ounces of bread crumbs, a dessert-spoonful of chopped parsley, and a small quantity of chopped lemon peel; boil the roes in a little water; chop them very fine; put them and the suet, &c., into a mortar, and mix all very smooth; add pepper and salt, and moisten well with an egg, and if not sufficiently moist, add a dessert-spoonful of good milk. Stuff the fish with this force-meat, and sew them up. If you have more force-meat than sufficient, make it into balls; and fry them until they assume a light gold colour, and slip them into the sauce, just before serving. Lay your mackerel into your stewpan, and let them simmer gently, until perfectly done, but not broken. Put a glass of port wine into the sauce, and serve it hot. We can recommend this, when the fish are in high season; but when they have an oily smell about them, we advise the addition of a dessert-spoonful of vinegar, which will, in a great measure, destroy this smell, and add a slightly piquant taste to the sauce. The sauce should cover the fish in the stewpan.

Red Mullet.—This fish may be dressed in various ways; but there is only one right. Wash and wipe them; flour them very lightly; envelop them in buttered paper; broil them, and send them to table in the paper in which they have been broiled. Melted butter is all the sauce ever taken with them; but those who know what they are about enrich this sauce with the inside of the fish.

Haddock.—The only proper way to dress this fish is to fill it with stuffing, and stew it in gravy thickened as for mackerel.

Water Souché.—This dish, which they always serve at Greenwich and Blackwall, is never eatable at either place, and the reason is, that they know not how to make it. Some people are very fond of it—we own to the weakness; others dislike it very much. Those

who are in the last category need not try our receipt. The best fish for water souché is perch; although we must admit that very good dishes are made of soles, flounders, eels, roach, dace, plaice, &c. But now for our plan :

Take one dozen fine perch; cut off the heads, tails, and fins, which put into a stewpan with a quart of water, five or six roots of parsley, and some salt and pepper; stew them till they are perfectly done (that is, in pieces); strain off the liquor through a sieve, on which there are two or three folds of muslin, or through a jelly bag; return the liquor into a clean stewpan. Now cut the perch into two or three bits, according to their size; put them into the liquor, with either some sprigs of parsley well washed and picked small, or some chopped parsley (the latter we prefer), and let them simmer till the fish is done, but not broken; put all into a dish, and serve up very hot, with melted butter in a sauce boat. This dish is eaten with brown bread-and-butter.

Stewed Eels.—Cut the eels into short pieces, then take a pint of good strong gravy; add to it half a dozen young onions, one dozen mushrooms soaked in vinegar and water, and cut into small pieces; make a *roux* to thicken the gravy; add the chopped rind of half lemon, and two glasses of port wine; stew or simmer the eels until quite tender; fry some pear-shaped pieces of bread very crisp, as before described (about four or six pieces). Serve in a hot dish, and put the pieces of bread in the centre, standing up between the fish.

Sole à l'Orly.—This is a particularly nice dish, but requires strict attention. Cut the soles into fillets, then divide them in halves; make some batter as follows: Take two eggs, beat them up well, and add a little dry flour, which should be dredged into the eggs while beating; add a tablespoonful of sweet-oil and a wineglassful of brandy, and let it stand for an hour or so; dip your *filet de sole* in this preparation, and fry them a beautiful gold colour in the oil as before described; drain them, and send them to table, well arranged, and quite hot.

Filet de Sole—Sauce Tomato.—The fillets should be fried, and the sauce made with a *roux*, moistened with a little beef gravy, and then the tomato sauce added to it. During the time the tomatoes are in season, it is better to boil them, and pass them through a fine sieve, and add them to the sauce, with what the French call a *filet de vinagre*, and pepper and salt.

The same, Sauce à l'Hollandaise.—The fillets having been fried, prepare

your sauce as follows : Make a *roux*, moisten it with milk ; add one tea-spoonful of flour of mustard, smoothly blended in the sauce, and a dessert-spoonful of Taragon vinegar ; let the fillets be well placed round the dish, and put the sauce in the centre. This is an excellent dish.

To Dress Cut Turbot.—The piece, cut from a large turbot, should be boiled in a *court bouillon* ; and when done, there should be poured over it some well-made caper-sauce, prepared as follows : Make a *roux*, which moisten with milk ; then add the yolk of a well-beaten egg ; and, last of all, add the capers, not cut up, and a little vinegar to give a pleasant acid. All these sauces should be properly seasoned with pepper and salt, or otherwise they are insipid. Salmon is frequently thus served in France, and is excellent.

Sauce à la Mayonnaise.—This sauce is excellent for cold salmon. It is easily made, and is admired and eaten by those who cannot take oil in any other way. Take the yolk of two raw eggs, beat them up well, and while beating them up, add by degrees a quarter of a pint, or more, of the best salad oil ; continue beating up the mixture till all is finished ; then add a dessert-spoonful of Taragon vinegar, one dessert-spoonful of Chili vinegar, and two dessert-spoonfuls of the best white wine vinegar, and your sauce is completed. These proportions are for a small dish. Two eggs will absorb or mix a whole pint of oil ; and should a great deal of sauce be required, you must only put one dessert-spoonful of Taragon and Chili vinegar, and increase the quantity of common vinegar, or your flavour will be spoilt.

To Dress White-bait.—If you want to eat white-bait, go to Greenwich or Blackwall. At either place you will get it in perfection ; while at home it will be sure to be spoiled. However, as there are people in the world who would never think of going to either of these places, we here give the receipt, said to be obtained from Greenwich :—

Great care is required in properly dressing this delicate fish. Do not touch it with the hands, but throw it from your dish or basket into a cloth, with three or four handfuls of flour, and shake it well ; then put it into a bait-sieve to separate it from the superfluous flour ; have ready the deep frying-pan before described, nearly full of boiling oil ; throw in the fish, which will be done in an instant. They must not be allowed to take any colour, for if browned, they are ruined ; lift them out on the drainer of your frying-pan, place them upon a strainer in your dish, piling them high in the centre. Send them to

table, and serve with them cayenne pepper, lemon, and slices of brown bread and butter.

Trout should always be broiled in buttered paper, and sent to table in the envelope. Any other mode is wrong.

Pike or Jack may be cooked many ways; but there is only one right way—and that is to be avoided if any other fish is at hand. Stuff it with force-meat and roast it, basting it all the time with good butter; or you may bake it in the oven—but if you do, open the ventilator, and let in the air. Boiled, this fish is not eatable.

Spitch-cooked Eels.—Take two large eels, and rub them with salt, but avoid cracking the skin; bone them, and then flatten and cut them in lengths of from four to five inches; put butter in a stewpan, with some chopped onion or shalots, parsley, thyme, sage, salt and pepper. When the butter is melted, add the yolks of two eggs, with a squeeze of lemon-juice, and mix the whole together. In the meantime have some crumbs of bread, in which roll the pieces of eel after they have been separately dipped in the butter, &c., in your stewpan; broil them on a clean gridiron, which has been first rubbed over with beef-suet, till they are of a fine brown colour; then lay them on a cloth to soak up the superfluous moisture, and put them round the inside of the dish, with a little parsley in the centre, and small sprigs on the border. Serve them with anchovy sauce.

Lobster Curry.—Take the tails of half-a-dozen small lobsters, and remove them whole from the shells; take a little good gravy, and mix it well with the insides of the fish; boil it for ten minutes to get the flavour of the fish; make a *roux*, and strain your stock to it by degrees, or do not strain it, as you think best; mix with this a table-spoonful of curry-powder, and warm up the tails in this sauce. They do not require to boil. Send the whole very hot to table, and serve boiled rice with it.

Lobster Cutlets are made from the tail of the lobster, and shaped like a cutlet; and for the bone, the ends of the legs are used. A rich sauce, as before described, is made without the curry-powder; and they are laid round the dish, having been made hot in the sauce, and the sauce poured into the middle of the dish.

Bashed Lobster.—Cut a lobster evenly down the back, the whole length from the tail to the head; take out all that is good, and clean the shell perfectly, but do not break it. Put into a stewpan a quarter of a pound of good butter; add to it as much flour as it will absorb; moisten it with a little good milk, season it with cayenne pepper and salt, and (if the flavour is much liked) one blade of mace; break the

claws; take out the meat; cut it all up with the tail, and all the good part of the inside, but not too small, and warm it gently, simmering it for about eight or ten minutes in your sauce; then add half a pint of good cream, which stir into it, but do not let it boil; take it from the fire, and stir in briskly the juice of a lemon (but take care not to curdle the milk and cream); or you may, instead, add half the chopped rind of a lemon; have ready some very dry and fine bread crumbs; place your lobster, with the sauce so prepared, in your two shells, and throw over, very evenly, your dry bread crumbs; then pass your salamander over, so as to produce a bright gold colour, and send it very hot to table.

Lobster Salad.—This dish is prepared by every pastry-cook and hotel-keeper in England. Many of them are very pretty, always very much liked, and never fit to eat. We made these reflections many years ago, and tried if a preparation could not be made which would both gratify the eye and the taste; and this the result.

Wash well, according to the size, one or two white-heart lettuces; lay them, for six or eight hours, in strong salt and water, to take out and kill all insects which may be found therein; take off the outside leaves; dry them well, either in a basket or with a clean napkin; cut them round, and lay each slice in a flat dish, and on each slice of the lettuce lay a slice of lobster, cut from the tail and from the claws; take the red bit of coral from out of the body, and cut it into small pieces, and lay it in the centre of each bit of lobster. When your dish is finished, it should have the appearance of a wreath of roses. Take the yolks of three hard-boiled eggs, beat them up in a soup-plate, with about half a table-spoonful of water, into a very smooth paste; add to the eggs a salt-spoonful and a-half of fine salt, a little black pepper, a dessert-spoonful of anchovy sauce, a good sized mustard-spoonful and a-half of made mustard; work all these to a very smooth paste, together with the soft inside part of the lobster; then mix with it one table-spoonful of the best vinegar, and four table-spoonfuls of the best salad oil. The great secret of this mixture is, that it should be very smooth, and well amalgamated. Pour this sauce into the centre of the dish the moment before you serve it, and take care that none fall on your salad, so as to injure the appearance. If the flavour of cucumber be much liked, it may be added, and the pieces put under each slice of the lettuce.

Salade à l'Homard.—This is the French lobster salad, which is arranged differently from the above. It is served in a salad bowl

and is made of the hearts of the brown Dutch, or coss lettuce. The fish is cut up, and round the bowl they place slices of pickled gherkins, capers, anchovies cut in strips, and olives with the stone taken out; then is poured over it the mayonaise sauce described in page 88.

Oysters are served in France before the soup, and are eaten with cayenne-pepper and lemon, and bread and butter. They are excellent, and give a good relish to the rest of the dinner. In England the natives are the best.

Rice and Oysters.—Take three dozen oysters, opened, and their liquor preserved; make a *roux*; moisten it with milk; season it with pepper and salt; add to it the oysters and their liquor, and let them simmer till they are done; and just before they are served, add a quarter of a pint of good cream, which should be stirred into them and made hot, but not allowed to boil. You may add a small blade of mace; have ready boiled two or three ounces of Patna rice, very dry and hot; put it into a dish, and pour the oysters over your rice; stir them together, and send them to table. This may be garnished with fried bread cut into pear-shapes.

To Scallop Oysters.—Our way is, to have some large scallop-shells, which should be kept for this purpose; then mince very fine some parsley; mix with it some pepper and salt; put from three to six oysters in each shell, with a good piece of butter; strew over them the minced parsley and very few fine crumbs of bread, and cook them in the Dutch oven, turning them frequently. If no scallop-shells are at hand, this preparation may be made in a tin, and put out into a dish with good effect.

Stewed Oysters.—Take six or eight dozen oysters; proceed precisely as for the rice and oysters, only take two dozen mushrooms, soaked in vinegar and water, and stew them in the sauce until tender; then put in the oysters and their liquor; stew a few minutes, till the oysters are quite done, but never allow them to boil. Serve garnished with bread or pale-fried sippets; this must, of course, be seasoned with pepper and salt, and mace if liked.

An Oyster Omelet.—Take twelve eggs; break them up, and beat them well; add two tablespoonfuls of clean water to the eggs before you begin to beat them, and then two table-spoonfuls of minced parsley, pepper, and salt according to taste, *one* young onion minced very fine, and about an ounce of butter. Beat all these well and lightly together. Take three dozen oysters; wash and strain them, and then plump them in their own liquor; when plumped, pour the oysters and the liquor to the first prepara-

tion; have an omelet-pan, which ought to be small, and of two metals (that is, of copper and tin, iron and enameled, or copper and silver), and put into it from three to four ounces of butter. As soon as the butter is nearly dissolved, pour in the before-mentioned mixture, and keep moving it with a slice just round the edge of the pan, to prevent it sticking to the sides. The moment it begins to set, and when the top part is still liquid, fold it in half; for one single instant leave it so, and then turn it all into a clean hot dish; the liquid before described forming the sauce or gravy of the omelet. Now, we recommend, if you want this dish in perfection, that you do not attempt to make it either over a coal or charcoal fire—neither will serve your purpose well. Take a trivet, and place it on the top of your oven (if you have one by the side of your fire-place), and hurn under it lighted pieces of paper until the omelet is finished.

Cod-fish—the Hamburg mode.—Wash and clean the fish; hut to extract the inside, endeavour to make the smallest aperture possible; prepare and blanch some oysters in their own liquor; add some cream, and reduce it one-half; season with salt, pepper, and nutmeg, and stuff the fish with the oysters and sauce; then tie up the fish, and cover it with a mixture of yolks of eggs, butter, nutmeg, and throw over it fine bread crumbs. Lastly, pour over dissolved butter, and bake it.

This is excellent; hut we give the rest of the receipt. which we have never tried, and consequently cannot recommend; hut it appears to us rather a strange mixture.

To make the sauce, you must take a fine, large, fresh lohster; take out the flesh, and break up the shell, &c., &c. in a mortar, with butter; you then put this in a stewpan on the fire, which you shake well during some time; then put in some *bouillon* and proceed as before, and pass through a sieve, and leave it to separate from the butter; add cream in the manner to form a *bechamelle*; the cream should be the same quantity as the *bouillon* that remains after the boiling; then you incorporate the butter, which will be red, and the flesh cut up in small pieces, and add wine. Put all again in the oven, and serve very hot. This is equally good for turbot.

Eperlans à la Provencale.—(*Smelts.*)—You must arrange the smelts in a stewpan; then take another stewpan, and boil in it a pint of white wine, and the third of that quantity of water, salt, and a lemon cut in slices, and a little olive oil; and when boiled, throw the whole over the smelts, and let them cook; when done, take them out, and drain them well on a sieve; then pound in a mortar two cloves

of garlic, which have been previously boiled, and a pinch of chopped fennel, and throw over them a glassful (tumbler) of boiled white wine; season with pepper, salt, and grated nutmeg, four yolks of eggs, boiled and broken up, and a little oil; put all these in a stewpan, and warm over a slow fire, until they are well mixed, and squeeze in the juice of a lemon; put this sauce at the bottom of the dish, and arrange the smelts, which have been well drained, and serve it immediately, garnished with chervil finely chopped.

Sturgeon braised.—Lard your sturgeon with very small lardoons, and put it in a braising pot, with bacon cut very fine, and carrots and parsnips in thin slices; season with salt, pepper, and spice, and moisten with white wine; cook over a quick fire, and serve with piquante sauce, made with the liquor in which the fish is cooked.

Frogs, although not fish, may here find a place. Only their hind legs are used. They are skinned, blanched in boiling water, and then thrown into cold. Afterwards they are friassée as fowls. Or you may, after they are taken out of the cold water, brown in butter and fry them.

Salt Herrings à la Bruxelloise.—In a paper case, made of thickish paper, and buttered inside and out, lay eight or ten salt herrings, which you have opened, cut out the bones, and taken off the heads, tails, and skins; put over them butter mixed with fine herbs, plenty of mushrooms, parsley, young onions, shalots, and one clove of garlic cut up very small, pepper, and a little olive oil; cover with raspings, and broil them very slowly over a slow fire, so that the paper may not be burnt; squeeze over all, the juice of a lemon, and serve in the paper very hot.

Oysters au Gratin.—Plump them in their own liquor; let them drain, and then put them in a stewpan with butter, parsley, mushrooms, and shalots; add one spoonful of flour; moisten them with *bouillon* and wine; reduce the sauce; then choose some large shells; put about six in each with the sauce so made, broil them over a slow fire, and colour them by passing a red-hot iron over them.

Mackerel—au beurre noir.—Boil, and pour over them this sauce, and garnish with fine parsley.

Same, à la Flamande.—Clean, wash, and take out the roe: fill the interior with butter mixed with parsley, young onions, shalots, and any other fine herbs that you may prefer; season with pepper, salt, nutmeg grated, and the juice of a lemon; then envelop them in a sheet of thick paper well greased with oil or butter, and broil over a slow, steady fire. When you take them off the gridiron,

take off the paper, and throw over all the sauce that it contains, and the juice of another lemon.

Fillets of the same, aux fines herbes.—Cut the mackerel in fillets, and put them in a stewpan, and par-boil them in *bouillon*, to which you must add half a glass of Champagne, or any white acid wine, and a little olive oil; you then put on a dish that will stand the fire, butter, mixed with chopped parsley, young onions, shalots, pepper, salt, and nutmeg; lay the fillets on the dish, and cover them with what is left of the first cooking in the stewpan, and set the dish over a stove, with a slow fire; cover it and let it stay there for a quarter of an hour; pour off the oil, and replace it by the *blond de veau*, (which see), and let it simmer for some minutes; and just before serving, squeeze over it the juice of an orange or lemon.

Fillets of the same, en rissoles.—Cut them in fillets as above, and soak them in *bouillon*, in which you put the juice of a lemon, or vinegar, seasoned with pepper and salt; then take them out, and drain them well; dip them in batter made with wine; fry them, and as soon as they are of a good colour drain them, and serve hot.

Fillets of the same, sauté.—Put the fillets in a saucepan, with salt, pepper, parsley, and young onions chopped fine; throw them over some dissolved butter the moment they are done, which they will be in a few minutes. Pour over the ravigotte (shalot) sauce seasoned with a liaison of yolks of eggs and the squeeze of a lemon.

Merlan (Whiting) à l'eau bonne.—Wash, scale, and clean the whittings; cut off the heads and tails, and put them into a stewpan with a sufficient quantity of water to cover them; add fresh parsley, young onions, bay leaf, thyme, and salt; and stew on the fire for twenty minutes. To make the sauce, take the half of the liquor in which they are boiled, and boil it again with a few more leaves of parsley.

Merlan à la Bourgeois.—Put two fine whittings, well cleansed, into a deep dish; pour over them some dissolved fresh butter, parsley, young onions, and any other fine herbs, and mushrooms; season to taste, with pepper and salt, and any other spices, and cover over; cook upon a very slow fire, and serve. Just before so doing, add a little vinegar or the juice of a lemon. If you have no stove, this may be done in an oven.

Merlan, filet farci.—Take equal quantities of the fillets of whiting, and bread soaked in milk; rub this through a sieve; add fresh butter; season with pepper, salt, and nutmeg, a few truffles or mushrooms, or both, and two whites of eggs beaten up; and thus, when all is worked well together you have your stuffing. Now

cover the bottom of a metal dish with part of this stuffing; lay on it neatly other fillets of whiting in good order and neat form; cover this with the rest of the stuffing, and fill all the intervals. Put the dish on the stove with a slow fire, and a *four de campagne* over it for half an hour; then take off the *four de campagne*, and pour over some Italian sauce boiling hot; and when quite done, serve.

Merlan aux truffes.—Put the fillets in a *sauté* pan, with plenty of dissolved butter, salt, pepper, and the juice of a lemon; when done, take out, and drain them; then cut the truffles in thin slices; serve with a thickish sauce, and pear-shaped bread round them, called *Croutons* in France.

Merlan Grillé.—Pepper and salt the whittings; cut open, and dip them in oil. Broil over a quick fire, and serve them with either caper or tomato sauce, and garnish with slices of lemon. or gherkins.

Merlan à la Ravigotte.—Take the whittings curled; rub them over with yolk of egg, and fry them in butter to colour them, but not to cook them; season them well with fine herbs, and put them on the gridiron to broil over a very slow fire; take taragon, young onions, shalots, and Chili pepper infused in vinegar, and put this into some melted butter coloured with spinage, and garnish the bottom of the dish, but not so as to cover the whiting. This is a very excellent dish.

Salt-fish.—The first necessity with this fish is to take away the salt by soaking it well in water, which ought to be changed as frequently as possible. To boil it, see our former directions under the head "Salt-fish." When cooked, as thus directed, it can be served in *bechamelle maigre*. It will answer as a *vol-au-vent*, or it may be served with a wall of mashed potatoes; or with the black butter (see *beurre noir*, page 102). It is also very savoury if cooked as follows: After you have taken out all the bones, put the fish into a stewpan, with some butter, a little flour, pepper, salt, nutmeg and parsley chopped fino; then add a tumbler of cream. When it is sufficiently thick, turn it continually; strain, and surround with *Croutons* (fried bread); throw over this bread crumbs and grated Parmesan cheese in equal portions; then pour over it some dissolved butter, and more bread crumbs; put the dish over a charcoal fire, and place a *four de campagne* over it, with plenty of hot charcoal thereon. When of a good colour serve it in the dish. Or it may be cooked as follows:—Boil it as described in page 84; then take out all the bones and flake it; boil parsnips and old potatoes, and mash both together in equal portions, well seasoned with a little pepper; put them into a large oblong mould, hollow in the middle, and set them in boiling water; turn out the mash so as to form a

wall round the dish; then prepare a good white sauce made with cream, to which you must add two teaspoonfuls of flour of mustard, and eight hard eggs chopped up in it. Warm up the flakes of salt-fish in the sauce, but do not let it boil; pour it into the centre of your dish, and serve hot. This dish we can recommend as particularly good. Or you may make the following sauce:—Fry some onions cut in slices in butter; mix with this a *roux* made separately; season with pepper, salt, and nutmeg, or any other spices, with the juice of a lemon or some vinegar; saturate the salt-fish in it, and serve it with fried potatoes round the dish.

Muscles à la Minute.—Clean and wash them well; boil them in water; take some of the water; add butter and chopped parsley, and serve them directly with the juice of a lemon. Or they may be served as follows:—After being boiled in butter, take off half the shell, and examine that there are no insects in them; pass through a sieve the butter in which they have been cooked, and the water that has come from them; mix a small piece of butter with chopped parsley, pepper, and salt; moisten with the water or *bouillon*; let it boil for some minutes, and add a *liaison* of yolks of eggs and the juice of a lemon, and serve hot. This dish is called *moules à la poulette*.

Skate, the Liver en canopé.—Cut some slices of stale bread in the shape of a sofa—that is, hollow in the middle and high and thick at each end; put some olive oil in a stewpan; make it hot, and fry the bread in it over a slow fire; continue, with fresh butter, to fry fillets of anchovies soaked in a little oil, parsley, young onions, garlic, shallots, and capers, all cut up very small; salt, pepper, allspice, in equal portions. Make your *canopés* in the following manner:—Upon a slice of the bread put a layer of fine herbs, so prepared, but cold; cover with a piece of liver the same size as the bread; lay one fillet of anchovies, and a second layer of the fine herbs; dust them over with fine bread crumbs, and place them on a metal dish over a slow fire, with a *four de campagne* over, to give a good colour. The moment before serving, throw over the juice of a lemon.

Salmon—Saumon en Galantine.—Choose a large piece of salmon; cut it down the back, and take out the backbone; lard it with anchovies, gherkins, and truffles, and cover the inside of it with stuffing made like the *quenelles* with fish; then fold the fish up again, and tie it up well in a thin muslin, to keep it in form; boil it in the *court bouillon*; and when completely done, let it get cold; then take it out of your cloth, garnish with jelly, and slices of lemon, gherkins and truffles.

Salmon à la Gènevoise.—Boil a slice of salmon in equal quantities of red wine and *bouillon*; add mushrooms, shalots, chopped parsley, salt, allspice, and grated nutmeg. When quite done take it out, keep it hot, and put into the gravy in the stewpan a piece of butter well mixed with flour; pass it through a sieve; put it on the fire again, and boil it very fast, stirring it so as to reduce the gravy to a good thickness and taste, and pour it over the salmon.

Salmon Grillé.—Soak in sweet oil a slice of salmon, to which you must add slices of onions, salt, and parsley; take it out at the end of an hour; broil it, and pour over it, while broiling, the marinade, and serve it with eaper or tomato sauce.

CHAPTER IX.

GRAVIES.

It appears to be the rule, in all cookery books, that after fish should come gravies. Now, we think this perfectly useless, because, if a stock pot is kept, the directions before given are all that is requisite for this subject. When small quantities of gravy are required for small dishes, such as a couple of fowls, a quarter of a pound of gravy beef will always supply what is wanted. Beef, veal, and mutton stocks, are all that can be necessary for the purposes of the kitchen. In large kitchens the soups are never so good as in small families, from the fact of the cook being always at the *pot au feu*; and, after having made all his dishes, he is supposed to fill up the same with the limpid stream. But we must here protest against the frightful compound called melted butter, as prepared in England,—flour and butter mixed together and put into soups and gravies to thicken them. But we say that this, when prepared as in France, is neither unwholesome nor bad. A French dinner, well cooked, will never disagree, and, if properly arranged, the butter used is so held in amalgamation, that when cold it will not separate.

The best gravy is always that which flows naturally from roast or boiled meat; and when the joint comes from the dinner-table, this should be carefully preserved by the cook. A teacupful of this, with a few vegetables and a little water, boiled down and properly thickened, will make a fine, rich gravy.

Call them by what names you will, all that is wanted in a kitchen is

Beef Stock and Veal Stock.—These should be made as before described for soups; and are used for dressing *entrées* or made dishes. With these two stocks, you have all the rest. Now, for the sake of testing our rule, we will give the following receipt, extracted from one of the popular cookery books:—

Good Beef or Veal Gravy—English Receipt.

Flour and fry lightly, in a bit of good butter, a couple of pounds of either beef or veal; drain the meat well from the fat, and lay it into a small, thick stew-pan, or iron saucepan; pour to it a quart of boiling water; after it has been well skimmed and salted, add a large mild onion, sliced very delicately, fried and laid on a sieve to drain, a carrot also sliced, a small bunch of thyme and parsley, a blade of mace, and a few pepper-corns. Stew these gently for three hours or more; pass the gravy through a sieve into a clean pan, and when it is quite cold, clear it entirely from fat; heat as much as is wanted for table, and if not sufficiently thick, stir into it from half to a whole teaspoonful of arrow root, mixed with a little mushroom catchup.

But here let us ask what good this mess would be after it was made,—two pounds of meat, three hours or more boiling, for one quart of gravy, which in that time of boiling would be reduced at least one-third; so that, for all this trouble and expense you would have little more than one pint of gravy.

We adhere to the beef and veal stocks, as the foundation of everything else; for it must be recollected that all meats intended for cooking possess their own juices; and these, with stock and a little thickening, are all that can be wanted in the best kitchen in the world.

To enrich Gravy.—Take some onions and carrots, and fry them; put them into a stew-pan, with some beef stock; stew them all gently for an hour and a-half or two hours; and thicken with potato-flour or rice flour, or arrow-root.

A good Store Gravy.—Boil down from eight to ten pounds of the shin of beef, till you have got it to a substance resembling glue. A small portion of this dissolved in water will always make a good gravy, with the addition of some vegetables.

Gravy for Game.—If nothing else is at hand, the necks and feet of game or poultry, well boiled with a small onion, a carrot, some parsley, and a little burnt onion, will make a very good gravy, which can be thickened at pleasure.

Meat Jellies.—Take about three or four pounds of shin of beef, and about the same quantity of knuckle of veal, and about a quarter of a pound of lean ham; stew these in three quarts of water, with two carrots, one onion, a bunch of parsley, two small bay leaves, six cloves, and one blade of mace, very gently for five or six hours. Then pass it through a jelly bag, and let it stand till cold. Take off all the fat, and it will be fit for use. If, however, it should be allowed to boil, it will require eggs to clarify it.

Aspic Jelly.—Take two calves' feet, well cleaned, about four pounds of veal, about one pound of lean ham, two large onions, three or four earrots, and a bunch of parsley. Put these into a gallon of water, and boil them until reduced about half; strain off, and let it get cold; then remove the fat; put the jelly into a clean stew-pan, but do not take the sediment (you should transfer it from the pan to the stew-pan with a spoon, leaving the thick part of sediment in the pan); add the whites of six eggs well beaten; keep it stirred till it is on the point of boiling; then place it by the side of the fire to simmer for a quarter of an hour; pass it through your jelly-bag till quite clear. This jelly should be flavoured with a little Taragon vinegar, salt, and pepper.

CHAPTER X.

SAUCES.

It is well known that in England, except in the first-rate houses, a very limited knowledge of sauces exists. We have onion, apple, and bread sauces (good things, but unknown in France), crab, lobster, oyster, and shrimp sauces, and melted butter; and when we have enumerated these, we believe we have given, as regards them, the *répertoire* of the English kitchen. Now, these served in butter boats make a very respectable appearance at an English table; but an idea above this has not as yet entered the head of cooks or mistresses. At second-rate inns, eating-houses, and other similar places, nearly all these sauces are made with flour, butter, water, and milk; yet the very simple mixture is not understood, and not one in a hundred is conscious of a want of success in this branch of *cuisinerie*. Every English cook leaves making the sauces to the last. She is then hurried and flurried, and it would be a wonder if she did succeed. Now this is not so much the fault of the cook as

of the establishment. The sauces just named, and all those hereafter to be enumerated, require the greatest care and attention, and ought to be prepared hours before they are wanted. But to make the English kitchen complete, you must go to your tinman, and order a *bain marée*, or hot-water bath, to hold from six to twenty-four saucepans, in sizes. Have your sauces made at a time when you can pay attention to them, and turned into one of these saucepans, and kept hot in the boiling water which is contained in the bath. Thus, you can have all ready. It does not matter how long they remain, for they neither dry up nor spoil; and if they should be thickened, as most sauces should be, with the yolk of eggs, they will be much better for standing in the *bain marée*. Most of the soups maigre, and all sauces, are decidedly improved by being thus kept hot.

We wish to impress on our readers the fact, that in all dinners, it is the sauce that shows if the cook understands her art. The fire roasts and boils, but the cook prepares the sauce. Another thing to be observed, avoid butter-boats at table. Serve everything with the proper sauce in the dish.

To thicken Sauces.—The best mode of doing this is with the white and brown *roux*, as made by the French. There are, however, various other means of thickening sauces—as potato flour, which is called in France *fecule de pomme de terre*, arrow-root, rice flour, and raw eggs beaten up. There are also thickenings to be obtained from the *purée* of vegetables.

Brown Roux is made as follows: Dissolve as much butter as you want in a frying-pan over a slow clear fire, dredge into it as much flour as it will absorb, stir it all the time, and let it stew till it has become brown, but not burnt. It must be made very slowly and equally, or it will not be good; on no account should it be smoked; consequently, it must be made over a charcoal stove. This may be made as wanted, or in large quantities, and kept for use; but we prefer it when fresh made.

White Roux is made precisely like the brown, except that it is never allowed to colour. If it should be browned, it is spoilt. All gravies or meat sauces, either brown or white, should be made with one or the other of these; only the *roux* should be made first, and the stock added boiling, and by degrees. If any additional flavour is required, it can be obtained by boiling in the stock the vegetables required to flavour it; such as mushrooms, onions, &c.; but this is seldom done in France, for when mushrooms are used they are always sent up in the sauce.

Béchamel.—This, which in fact is nothing more than white sauce, is very useful; and if well made, will be found most acceptable for meat, cold fish, and several sorts of vegetables, such as cauliflower, brocoli, &c. It is very simple. The white *roux* must be diluted with veal stock and cream or milk, or with milk alone, if no stock is at hand. Whenever cream is used it should never boil, but be stirred with the sauce, and simmered till hot, but not boiled; for if it be boiled, much of its richness and smoothness is lost. This sauce, if not thick enough, must be poured on the yolks of two fresh eggs, well beaten to a cream, and stirred all the time you are adding the sauce. This sauce is also very excellent; and better for cold fish, if the eggs are omitted. For cauliflowers, it requires the juice of half a lemon, as well as the eggs.

Melted Butter should be made in the same manner as the above, except that water should be used instead of veal stock, unless a richer sauce be wanted, and then the addition of milk and cream is a great improvement. No eggs are to be used.

Beurre Noir, or Black Butter.—This is much used in France for skate, which is boiled and covered with this sauce, and served with parsley, fried very crisp, which is very good. It is simply made by putting the quantity of butter you require in a frying-pan, and stirring it till it has acquired a dark brown colour, and then adding the juice of a lemon, a little pepper and salt, or a spoonful of vinegar.

To Clarify Butter.—This is effected by putting the requisite quantity of butter into a well-tinned or enamelled stewpan, and dissolving it over a clear slow fire. Skim it, let it stand a few minutes, and then strain it through a fine hair sieve. This will keep for some time, and is continually used in France.

Egg Sauce.—This is readily made. Boil from three to four eggs, according to the quantity of sauce; and having prepared the melted butter, before described, chop up the eggs, and place them in the melted butter, and let them simmer for a few moments, or pour the melted butter over them. This sauce is good for salt fish, and to warm up cold salt fish on the second day, and also for roast fowl.

Sauce à l'Hollandaise, or Dutch Sauce.—This sauce is to be made with a white *roux*, diluted with milk or cream, a teaspoonful of flour of mustard, half a glass of hock, and a dessert-spoonful of Tarragon vinegar, and then stirred with the yolks of two well-beaten fresh eggs. It is good for *filet de sole* and very thin veal cutlets, fried to a

beautiful gold colour. The *filet de sole* should be laid round the dish, and the sauce poured into the middle.

Bread Sauce should be prepared as follows: Infuse in a pint of good milk, by the side of the fire, as much crumbs of bread as in volume would amount to the size of a French roll. Let the mixture stand in the saucepan by the side of the fire, for about an hour, or an hour and a-half, and, if the flavour of the onion be liked, chop up about the quarter of a Portugal onion, and infuse it with the sauce; beat all up together; put in two ounces of good butter, and place it on the fire, give it a boil, and serve it very hot. All the seasoning this sauce requires is pepper and salt. If a richer sauce be wanted, the addition of two or three spoonfuls of cream may be made. This is good for roast fowls, turkey, and game of all sorts, except hares, woodcocks, and snipes.

Lobster Sauce.—This sauce is to be made with a white *roux*, diluted with milk. The lobster must be cut up in small dice (that is, the meat thereof), and put by till wanted. The inside coral should be taken from the lobster, and bruised in a mortar with a very small piece of butter, and made very smooth. The spawn should be dried before the fire, and also bruised in a mortar to colour the sauce; both should then be rubbed and blended well with a small portion of butter, and half a dozen anchovies, well washed and scaled. The bones taken out and rubbed through a reversed sieve will be an improvement, mixed with the coral, spawn and sauce; then add these to the sauce, and put in the fish; place it by the side of the fire to simmer, but on no account to boil; then take a quarter of a pint of good cream and stir into the sauce; do not let it boil, but serve it very hot. This should be served with turbot, brill, John Dory, salmon, skate, soles, &c., and in fact any sort of fish with which shrimp sauce is usually served. This sauce made a little thinner is good also to warm up in any fish that may be left cold; but in doing so we recommend the use of the *bain marée*.

Shrimp, or Prawn Sauce, should be made precisely like the preceding sauce, only for the lobster substitute the one or the other; and as you have no coral, use either the anchovies, as before described, or a small quantity of anchovy sauce.

Crab Sauce.—If made in the same way as lobster sauce, it is equally good, and preferred by many. When lobsters are scarce, this may be well substituted.

Oyster Sauce.—This should be made with the white *roux*, diluted with milk. The oysters should be well washed, and plumped in

their own liquor. If the flavour is much liked, a blade of mace may be added; but we prefer it without for family use. We think it unnecessary to beard the oyster; but, for a grand occasion, they should have the beards taken off, and then added with the liquor to the sauce, but not boiled, only allowed to simmer for a minute or two; then stir in two or three spoonfuls of good cream; season with pepper and salt. This sauce is good for cod fish; and, as before stated, may be made very thick, for warming up cold cod fish, boiled fowls, turkey, and veal; but for the last three boiled dishes, it should always be served over the meat. Rump steaks are also very savoury with this sort of oyster sauce.

Cream Sauce for Salmon, or North Wales Sauce.—Dissolve three ounces of butter in a saucepan with as much flour as it will absorb, and when it boils put to it a quarter of a pint of milk, and let it boil very gently; then stir into it half a pint of good rich cream; season with pepper and salt, and colour with half a dozen anchovies, or two tablespoonfuls of anchovy sauce, and let it simmer a few minutes, but on no account let it boil. Keep it hot in the *bain marée*, and serve it hot. When no lobsters are to be had, this sauce fully answers all the purpose. If well made, it is delicious.

Sauce à la Maître d'Hôtel.—This sauce is made with white *roux*, moistened with beef or veal stock, or milk or water, with chopped parsley in it, and seasoned with pepper and salt, and the juice of a lemon stirred to it, or a little vinegar. In France it is served with a variety of things.

The variation of this sauce, is mixing cold butter and chopped parsley together, with pepper and salt, and the juice of a lemon; this is, for beefsteaks or broiled mackerel; and warmed is for fried mackerel and other fish; potatoes, first boiled and cut into slices (the sorts to be used should be kidneys), and *sautéed* into the first described sauce, are excellent. The white haricots are also served in this sauce, or in either of the last.

Soubisse.—This sauce, which is most excellent if well made, and is served with mutton cutlets in France, is prepared as follows:—Take from ten to twelve onions (in England we say Portugal onions); and peel and cut them in slices; put them in a stewpan, and fry them very slightly in good butter; then cover them with *bouillon*, stew them very gently till perfectly tender; then rub the onions and *bouillon* through a sieve, with a wooden spoon. If the *purée* is not sufficiently thick, make a *roux*, and moisten it with the *epuré*;

season it with pepper and salt, and warm it up, and send it to table in the middle of your dish, with the meat round it.

The same of Chestnuts.—Proceed precisely as in the last receipt; only substitute chestnuts for the onions. The chestnuts are easily prepared: if the outside skins are taken off, and they are thrown into nearly boiling water, and left for two or three minutes, the inner skin will easily peel off and then proceed as in the above.

Sauce Robert, or Robert Sauce.—This sauce is prepared precisely as the *Soubisse*; only, in addition to that there must be added a sprig of Taragon and two teaspoonfuls of made mustard. The French mustard is the best for this sauce, a glass of white acid wine, and a spoonful of vinegar. If you have not fresh taragon, put taragon vinegar, which will do as well. Any other receipt is erroneous; and one of the principles which we hold is, to call things by their right names. This is the true *Sauce Robert*; and if you don't arrange it in this way, call it *Sauce Charles* or *Richard*, but not *Robert*.

Sauce Piquante.—This sauce is very generally esteemed, and is variously made in France. The principal ingredients used are pickled gherkins. Brown *roux* is made moistened with *bouillon*; then is added chopped-up pickled gherkins and some vinegar; season with pepper and salt.

Sauce à la Tartare—This is made like the former, with young onions chopped up very fine, gherkins, and two or three spoonfuls of French mustard, and a little vinegar. It is excellent with fried eels and many other things.

Miroton.—This sauce is very easily made, and very delicious to those who like the flavour of onions. Six or eight onions are peeled, cut in slices, and fried a light gold colour in some butter; when fried, a little flour is added, and kept stirred, and then some *bouillon*. In France, the soup-meat is very frequently cut in slices, and just warmed in the gravy or sauce. Before it is served, a small quantity of vinegar, and a little French mustard, are rubbed in smoothly.

Sauce for a Devil.—Put into a soup-plate two spoonfuls of made mustard, a saltspoonful of salt, half that quantity of cayenne pepper, one tablespoonful of the best salad oil (all worked well together), a teaspoonful of Chutney paste, two teaspoonfuls of essence of anchovies, three of Reading sauce, and four table-spoonfuls of good gravy. Work all well together; have your devil scored and grilled very well, putting on it some pepper and salt only; warm the sauce up over the fire; but do not let it boil, and when quite hot, and your devil is

grilled, pour it over the devil, and serve immediately. For dinner, you may add two tablespoonfuls of port wine; but omit the wine, if for a devil to be served at breakfast.

Horseradish Sauce, hot or cold.—Grate a stick of horseradish; add to it two spoonfuls of cream, a little salt, and a spoonful of vinegar. If it is wanted to be served hot, the best plan is to make it so in the *bain marée*, or it will turn.

Salad Dressing.—If wanted to be superlative, *vide* lobster salad; if common, cold boiled potatoes may be made to supply the place of eggs. The other ingredients will be two salt-spoonfuls of salt, a good deal of black pepper (unless not liked), essence of anchovy a dessert spoonful, four spoonfuls of oil, and one of vinegar. All must be mixed well together, and everything must amalgamate; but we refer for the real salad dressing to our Chapter on Fish, and also for the *Mayonnaise* sauce, which we do not again insert.

Mint Sauce—can be made of either fresh or dried mint; if of the former, it should be well washed, picked from the stalks, and chopped fine; put into a sauce tureen with brown sugar enough to make it sweet, and then vinegar poured over it; you should always have a considerable quantity of mint; if dried, it should be rubbed from the stalks with clean fingers, and served the same as the fresh, only it does not require chopping.

Fennel Sauce—is made with the fennel stripped from the stalk, and chopped finely, and put into the melted butter before described, page 102.

Parsley and Butter, in the English way—is made precisely as the fennel sauce.

Caper Sauce.—This sauce for fish or meat is made in France precisely the same. The white *roux* moistened with milk, or water, or gravy, if at hand, the capers put in whole, with the addition of a little vinegar; if white, and wanted to be thickened, it is poured on to the yolks of two well-beaten eggs, and then over turbot and salmon, and several other things.

Celery Sauce—White.—Take some fine heads of celery, and wash them very clean; cut them into small pieces, and boil them till they are perfectly tender; then make a white *roux*, and moisten it with some of the liquor in which you have boiled the celery; then add the celery; season with pepper and salt; and just before you serve it, stir in a quarter of a pint of rich cream, and let it simmer, but not boil; pour this over your poultry, and, if well made, it gives a pleasant flavour to the insipid boiled fowls.

Celery Sauce—Brown.—This is prepared the same as the other except that the celery should be stewed in brown gravy, which may be thickened with a brown *roux*, and seasoned with pepper and salt.

Gooseberry Sauce for Mackerel.—Take some melted butter, and put into it a spoonful of sorrel juice, and a few eoddled gooseberries, and add a little flour of ginger.

Ham Sauce.—Take some thin slices of the lean part of a dressed ham, and beat them in a mortar to a pulp; put it into a saucepan with a teacupful of gravy; set it over a slow fire, and stir it to prevent its sticking at the bottom. When it has been on some time, put in a bunch of sweet herbs, half a pint of beef stock, and some pepper; cover it; let it stew over a very gentle fire; and strain it when done.

Essence of Ham.—Cut three or four pounds of lean ham into pieces of about an inch thick; lay them in a stewpan with slices of carrots, parsnips and three or four onions cut thin; let them stew till they stick to the pan; but do not let it burn; then pour on it some strong veal gravy by degrees. Some fresh mushrooms, or some mushroom powder, truffles, and morels, cloves, basil, parsley, a crust of bread, and a leek; cover it close; and when it has simmered, and assumed a proper thickness and flavour, strain it off. If you have the gravy from a dressed ham, you may use it with the before-mentioned ingredients instead of the ham, which will make it equally good, but not quite so high flavoured.

Sauce for Wild-fowl.—Simmer a teacupful of port wine, the same quantity of good gravy, a little salt, cayenne pepper, and the juice of a lemon; make the whole quite hot, and pour it over the birds, after you have sliced the breast.

Shalot Sauce.—Peel and cut small five or six shalots; put them into a saucepan, with two spoonfuls of white wine, two of water, and two of vinegar; give them a boil up, and pour them into a dish with a little pepper and salt.

Sorrel Sauce.—We do not know why this should be called a sauce. All we do know is that stewed sorrel is excellent, and therefore we give the stewed sorrel under the title sauce. Take a sieve of sorrel, wash it very clean, and pick it from the centre stalk; put it into a clean stewpan without water, and stew it very gently; when done, strain off the moisture from the sorrel, and squeeze it through a colander, or between two plates; chop it very fine, and moisten it with a little strong gravy or cream; pepper and salt. Sometimes, if not thick enough, the yolks of two eggs are beaten and added to it,

and also a little butter when it is put for the second time in the stewpan to warm; this is served in France round a *fricandeau*. Spinach is also served, prepared precisely in the same way, as also endive; all three are excellent.

Brown Italian Sauce.—Chop up a few mushrooms, shalots, and truffles; put them into a stewpan with some stock and a glass of white wine; boil it a few minutes; add a spoonful of good gravy and the juice of a lemon, and a small lump of sugar. The same may be made white with the addition of bechamel, page 102.

Stewed Olive Sauce.—(Most excellent.) Take some of the best Spanish or French olives; cut them round with a fine-pointed knife, and throw them into cold water. Prepare your gravy as follows:—Make a brown *roux*; moisten it with *bouillon*; season with pepper and salt; add three or four truffles cut in slices; in this simmer gently the olives, and serve it hot. This sauce with a broiled beefsteak, stewed for an hour in the above, will be found exquisite; it is also good for veal, fowls, game, and many other things. All these sauces are improved if you cut some pieces of bread, but not too many, fry them very crisp, and put them into your dish; but not round like sippets.

Allemande, or German Sauce.—Take the trimmings of ham and poultry, either dressed or raw, three or four shalots, a small clove of garlic, and a bay-leaf, two leaves of taragon, a few spoonfuls of stock; let them simmer for half an hour; strain it off; squeeze in a lemon, and season the whole with pepper and salt, and a little cayenne.

Tomato Sauce.—This sauce is most delicious, if well made. It ought to be prepared as follows:—Take two dozen of fine tomatos, and put them in a stewpan, with enough stock just to cover the bottom of the stewpan, and a little bit of butter; stew these very gently till perfectly tender, so that you can work them through a sieve reversed; rub them through, and if not sufficiently thick, add a *roux*, and pour the sauce to it; season with pepper and salt and a little vinegar, or the juice of a lemon, but care must be taken not to make it too acid, as the tomatos themselves are acid. It is good for *filet de sole*, for veal cutlets; or any description of cold meat may be warmed up in it. We have given this sauce before in our directions for fish; but with some slight variation. Made by either receipt, it is agreeable.

Onion Sauce should be made precisely like the soup, but rather thicker. Let the onions be cut in slices, and boil till you can rub them through a sieve; make a *roux*, and add the onions to it, and

stir in two table-spoonfuls of rich cream ; serve hot, and season with pepper and salt.

The English mode of making this sauce is to boil the onions in milk till tender, then to beat them up, and thicken with flour and butter.

Apple Sauce.—Peel the apples ; core them, but do not cut them ; place them on a tin, and put them in the oven to be done gradually, and cover them with white sugar sifted ; when quite tender, mash them up with a spoon, and add to them three table-spoonfuls of hot cream, and serve hot. This will be found far superior to any other way of making apple sauce. If no cream is at hand, dissolve an ounce of butter, and mix with the apples.

Plum Pudding Sauce.—The best sauce for plum pudding is hunger ; but as some consider that it is not eatable without sauce, we say, cover it with the best pale brandy ; warm some in a spoon, set light to it, and send it burning to table ; and we say this, because it is one of those things, and, above all, if eaten after a good dinner, that, with a rich butter sauce, may cause nausea. The brandy, however, will, to a certain extent, correct all the other rich ingredients.

Anchovy Butter.—Chop very fine about two table-spoonfuls of nicely washed parsley ; take a dozen anchovies, scrape them, wash them, and take out the bones ; rub them with their weight of butter and the parsley in a mortar, pass all through a reversed sieve with a wooden spoon, mix with a quarter of a pound of butter, make them up into pats, and serve with the cheese, nicely garnished with parsley. Some people simply pass them through the sieve, but we think they blend better if rubbed in the mortar.

To make Tomato Sauce for keeping.—Summer, when tomatos are plentiful and cheap, is the best time of the year. Let them be well boiled, rubbed through a sieve ; add some vinegar and cayenne pepper, and put the preparation into wide-mouthed bottles. If well corked and sealed over, they will keep perfectly good.

Our own Sauce.—Take one spoonful of Chutney paste, two of made mustard, one wine-glassful of port wine, a little cayenne pepper, some capers, some gherkins cut small, one dozen young onions, a little chopped parsley, one dozen mushrooms ; put all in a stewpan ; and moisten with six spoonfuls of *bouillon* ; if not sufficiently thick, work into this sauce a little arrow-root, and serve with mutton cutlets.

Another French Receipt for Making Bechamelle.—Reduce over a brisk fire the sauce *Tournée* ; moisten it with the essence of fowl or *consommée* ; keep stirring it continually, that it should not stick to

the saucepan ; add two glasses of boiling cream, still stirring it ; pass it through a hair sieve, and serve.

The same without Meat.—Mix extremely smooth a spoonful of flour dissolved in a quart of good milk ; add to this three or four ounces of butter, salt, and a little nutmeg ; boil it for fifteen or twenty minutes, and then put in from ten to twelve ounces of butter, and stir it continually and slowly, lest it should become oily. This sauce is usually served for fish and vegetables.

Cray-fish Butter.—You take nothing but the shells, which you pound with four times their weight of butter ; when hot, without being thick, you pass through a sieve and examine, and then throw it into cold water.

Lobster Butter.—Take the spawn and butter, mix them together, and rub them through a sieve.

Montpellier Butter.—With the yolks of eggs mix anchovies, capers, and whole gherkins ; sprinkle equal quantities of pepper and salt over them, and add one glass of ravigotte sauce ; pound them well in a marble mortar, so as to make a rather thick paste ; add the yolk of a raw egg, oil, and vinegar ; pass it through a sieve, and colour it green with spinage.

Bouquet garni consists of parsley, thyme, young onions, and one bay-leaf tied together.

Caramel is made by putting a certain quantity of white sugar into a stewpan or frying-pan made of copper, and not tinned, but very clean ; it must be turned continually, till it is quite brown ; then take the pan off the fire, and add as much water as sugar, and stir the two together till perfectly mixed ; and this you can keep as colouring-matter for soups, gravies, &c.

Coulis, called Cullis in English.—Put into a stewpan a sufficient quantity of veal, moistened with *bouillon* ; when hot, stir it with a wooden spoon ; skim it ; add a bouquet of parsley, and boil it very slowly for one hour ; run it through a hair-sieve, and take all the fat off it ; when put into the pan for keeping it forms a scum, which must be taken off and thrown away before you use the coulis.

Essence d'Assortement.—Take an earthen pan or pipkin, and put it on the fire with the following :—Half a bottle of white acid wine, half a glass (tumbler) of vinegar, the juice of two lemons, three ounces of salt, half an ounce of black pepper whole, a little nutmeg, one blade of mace, four cloves, some bay-leaves, a little thyme, a large bouquet of parsley, a very small clove of garlic, ten shallots

pounded in a mortar, and one ounce of morels; when all is on the point of boiling, slacken the fire, and leave it on the hot cinders for six or seven hours; pass it through a flannel bag (jelly-bag), and filter it through paper, and preserve it in wide-mouthed bottles. A small quantity will be useful in many sauces.

Essence of Garlic is made in the same way; but the quantities are six cloves of garlic, six of cloves, a quarter of a nutmeg, two bay leaves, for one bottle of white acid wine.

Essence of Shalots.—Take a quantity of fresh shalots; clean, wash, and chop them small; tie them up in a cloth, and boil them in plenty of vinegar; add whole peppers, which have been slightly pounded in a mortar; salt, and after you have evaporated a large quantity, you can easily give it a good consistence by adding gravy or glaise, and keep it in bottles as above.

Essence of Game.—Follow the same process with all the remains of venison and game of every description. To give it greater richness, you must add veal and beef in proportion, and carrots and onions, mixed with some sauce Espagnole; take off all the fat, and then simmer it till reduced to a proper consistence.

Essence of Vegetables.—Take of well washed and cleaned vegetables an equal quantity of carrots, turnips, onions, cellery, and lettuces cut into quarters; and then add a handful of chervil; put them into a large stewpan, so that you do not fill it more than a third. When you have added some beef, some veal, and an old fowl, moisten it all with *bouillon*; add salt, and such other seasoning as you may like. When it is perfectly done, strain it through a sieve for keeping.

Essence of Fowls.—Break up and pound in a mortar all that remains of fowls or other poultry, either roast, or stewed, or boiled, and put them into a stewpan; add an onion, a carrot, and a bouquet of parsley; moisten all with *bouillon* and water, seasoned to taste; cook at a slow fire, and pass through a sieve.

Etouffade.—Take the "leg-of-mutton piece of beef," larded with fillets of ham, and stuck with cloves, and put it into a thick stewpan, with onions, allspice, and nutmeg; moisten it with Madeira wine and *bouillon*; put it over a strong fire, and boil it well, till it comes to a glaze; then put it on very hot cinders to make it black, but not to burn it, or it will be bitter; add the trimmings of poultry or veal. When done, pass it through a sieve, take off all the fat, and mix with it three spoonfuls of Espagnole sauce; then reduce it again, take off all the fat, and keep it for use.

Glaze may be made by taking a quart of meat jelly, and boiling it down quickly, till it becomes like thick cream; it should not be allowed to burn, or quitted for a single moment from the time it begins to thicken. When it is done enough, it will jelly in dropping from the spoon, like preserve. It must then be poured quickly into the vessel in which you intend to keep it. When wanted for use, it should be dissolved by placing the vessel in which it is in boiling water; put it on what you want to glaze with a paste brush; five or six coats will be necessary to give a high glazing. This may be bought ready made; and we think it much better to purchase it, unless you feel sure you know how to make it, as much may be spoiled before you succeed.

Another.—With the trimmings of meat and poultry make a *consommée*, which you must pass through a sieve; place it again on the fire, and put into it three whites of eggs beaten to a strong froth; stir it till it boils; draw the stewpan to the corner of the fire, and put on the cover some red-hot charcoal. After some minutes, when the eggs are set, pass it through a jelly-bag; reduce this with a sharp fire, stirring it all the time with a wooden spoon, to prevent it sticking to the stewpan; then pour it into a pan or jar for use. To use this, you put a little in a small saucepan over a very slow fire; and when hot, you cover the meat to be glazed with a feather-brush very lightly. This is what in France is called *glace de cuisson* (cooking glaze).

Another—Avec les Racines.—Take a piece of the knuckle of veal, and put it into a stewpan sufficiently large to hold a good quantity of carrots, onions, turnips, celery, leeks, or other roots, according to the season; moisten it with *bouillon* or water; season to taste, and cook over a slow fire; pass it through a sieve, and then reduce it to the consistence you wish, and keep it for use.

French Gravy, called Jus.—Put into a stewpan a slice of bacon, a slice of fillet of veal, a slice of ham, and the sinews of meat, poultry, or game; add onions, carrots cut round, a bouquet of parsley, salt, pepper, and one tumblerful of water or *bouillon*; put on a slow fire, and let it simmer for two hours; take the fat off, and keep it in an earthenware jar for colouring soups, &c.

French Gravy (Maigre without Meat).—Put into the bottom of a stewpan a large piece of butter, and cover it with carrots and onions, cut in thin slices; this is to be put on the fire to simmer; moisten it with *bouillon maigre*, season with salt, pepper, young onions, garlic, thyme, a bay leaf, some cloves, and mushrooms cut small;

boil the whole for an hour, and pass it through a sieve, and keep it for use.

Liaisons.—The best mode of making this, is to take one, two, or three yolks of eggs completely separated from their whites; moisten them with two or three table-spoonfuls of the sauce which they are destined to thicken; beat them up, and pour them in the sauce over the fire; but be sure not to let them boil, and serve immediately.

Poêle.—Put into a stewpan some butter, some slices of ham, bacon, and trimmings of veal, add a carrot and an onion, cut in small pieces; moisten with *bouillon* and a bouquet of parsley, and let it boil for several minutes. This sauce is very useful for all sorts of poultry.

Poivrade.—Put into a stewpan a large glass of white wine; add one shalot cut small, a bouquet of parsley, salt, pepper, and enough *bouillon*; clarify this sauce, and serve it when it has a good taste; or instead of wine, you may use vinegar.

Ravigotte.—Add together sufficient quantity of *consommée*, and one spoonful of *sauce tournée*; put them in a stewpan, skim and boil; add chervil, parsley, taragon vinegar, and young onions chopped fine, and previously thrown into boiling water, and drained on a sieve; put into it a little vinegar, and serve it.

Remoulade.—Put into a jar two spoonfuls of mustard, salt, and whole pepper in sufficient quantity, one spoonful of good vinegar, parsley, shalots chopped fine, the yolks of eggs, raw or cooked; then take one spoonful of *sauce tournée* (page 116), and two or three of salad oil; beat the whole well together. This remoulade is good for cels *à la Tartare*, and cold poultry.

German Sauce.—Mix together, some *tournée* and *bouillon*; skim, and clarify, and take of all fat; add mushrooms, and when it is reduced, add a *liaison* of two or three yolks of eggs. This is good for poultry and veal.

Another, à la bonne femme.—Cut large mushrooms, carrots, onions, parsnips, young onions and parsley; brown them in a good bit of butter in a stewpan; moisten with *bouillon*; boil for an hour, and season with pepper and salt; pass it through a sieve, and add, the moment of serving it, some crumbs of bread that have been boiled in milk, and rubbed through a sieve.

Sauce au Diable.—Take enough raspings of bread to cover the bottom of a stewpan; add salt, pepper, some shalots chopped fine, vinegar and water in proportion; put in as much butter as you

think will make it taste well, and make it boil all together for some minutes, enough to make it sufficiently thick, and keep it for use.

Sauce in use for everything.—Take one quart of *bouillon*, one pint of white wine; season with salt, pepper, the rind of a lemon, two bay leaves, and a little vinegar; let it all stand by the side of a slow fire for twelve hours, and pass it through a sieve, and keep it for use.

Sauce Espagnole, or Spanish Sauce.—Boil in a stewpan a certain quantity of *coulis*, to which add the essence of game, of fowls, or *bouillon*; take off all the fat, and pass it through a sieve.

It is also prepared with equal quantities of *coulis* and *bouillon*, and a tumbler of white wine, a bouquet of parsley, young onion, one bay leaf, one clove of garlic, two cloves, two or three spoonfuls of olive oil, one pinch of coriander, one onion cut in slices, to be boiled for two hours, skimmed, and seasoned with pepper and salt. Another mode is with truffles, mushrooms, and a sufficient quantity of *consommée* reduced, all the fat taken off, and the sauce passed through a jelly-bag, and coloured with the jus, or French gravy. This is called "*worked*" *Espagnole*.

To make this sauce without meat *maigre*, you must proceed as follows:—Butter the bottom of a stewpan; add onions and carrots, cut in slices round, the trimmings of all sorts of fish; boil it till it becomes glaze, and then moisten with *bouillon maigre*; boil it again, and add a *roux* to it, garlic, mushroom, and white wine, and leave it to be reduced to a sufficient consistence; pass it through a fine sieve, or jelly-bag, in order that it may be quite clear, and keep it for use.

Sauce Espagnole.—Proceed as in the former; only use tarragon instead of the other aromatic plants.

Sauce Genevoise.—Make a *roux*, and moisten with red wine; strain it, and pass it through a sieve.

Indian Sauce.—Dissolve four ounces of butter in a stewpan; then take allspice pounded fine, one pinch of saffron, and put in four large spoonfuls of any sauce, and two spoonfuls of *bouillon*; reduce it one-third, and skim it, and keep it hot in a *bain marie*; when you intend to serve it, add four ounces more butter, and turn it continually till it is well incorporated, and serve it.

Italian Sauce.—Make a white *roux*, moistened with *bouillon*; skim and pass it through a silk sieve.

Sauce au Kari.—Dissolve four ounces of butter in a stewpan, and

let it come to nearly boiling point; put in a tea-spoonful of saffron, four or five allspice pounded; put in some more dissolved butter, and stir it continually; add six large spoonfuls of *sauce veloute* at the moment you withdraw it from the fire, and a little nutmeg, and then serve very hot.

A la Romaine.—Into a stewpan put veal and ham cut very small, half a fowl, carrots, onions, thyme, bay-leaf, some cloves, salt and butter, (the quantity of these must be according to the quantity of sauce you want); add to this the yolks of eggs boiled hard, and mixed well into the sauce; put the stewpan again on the fire, and moisten with *bouillon*; incorporate into this by degrees some good rich cream, and make it boil, and turn it continually; if the sauce be too thick, reduce it with more cream, passed through a sieve, and keep it for use when wanted.

Sauce Orléanaise.—Take six gherkins, the whites of hard eggs, one or two boiled carrots, anchovies, cleaned and boned, and cut up small, and whole capers; arrange them in thin slices and keep them apart; put on the fire a stewpan, and reduce in it six spoonfuls of vinegar, seasoned with salt, pepper, shalots, and a little butter. When it is sufficiently done, add some brown sauce, and when the sauce is wanted you incorporate the first seasoning prepared, but you must not let it boil. Some people make this sauce with a *roux*, using all the rest of the ingredients.

Sauce au Vinagre (or poor man's sauce.)—Put into a stewpan *bouillon* and vinegar in sufficient quantity, pepper, salt, five or six shalots cut small, and a large pinch of chopped parsley; put it on the fire, and in this sauce warm up any cold roast meat.

Sauce Poivrade.—Take six onions cut in slices, the same number of shalots chopped fine, six cloves, two or three bay leaves, thyme, parsley, and cut carrots; brown them in a stewpan with enough butter, and two pinches of flour; add a glass of water, the same of wine, and one spoonful of vinegar; boil the whole for half an hour, and season to your taste.

Another mode.—To half a handful of leaves of parsley, add two pinches of young onions chopped fine, thyme, bay leaves, a large pinch of black pepper, well ground, a little butter, and a tumbler of vinegar, which you boil over a slow fire; you add a third part of *bouillon* and two-thirds sauce *Espagnole*; pass it through a sieve, and serve it as you want it.

Sauce Portugaise.—Over not too strong a fire put from four to six ounces of butter, and two yolks of raw eggs, one spoonful of lemon

juice, whole pepper pounded, and a little salt; turn it without ceasing, and from time to time take up the sauce in a spoon, and let it fall again into the stewpan; shake it well, in order that the butter and eggs may mix well together, and add a little water when it is too thick. It ought only to be made just before it is used.

Sauce à la Provençale.—With the yolks of two eggs, put one spoonful of sauce *Allemande* (German), the juice of a lemon, allspice in powder, and garlic, pounded; season it, and leave it on the hot cinders, turning it continually, and add by little and little some olive oil.

Sauce Ravigotte.—Take water cresses, chervil, taragon, and shalots, in sufficient quantities; chop all together; boil them for a quarter of an hour in a mixture made of equal quantities of *bouillon* and vinegar; withdraw the stewpan; and to make the liaison, you must dissolve a good pat of butter, mixed with flour.

Velouté, or Sauce Tournée.—Chop fine several mushrooms, parsley, and shalots. Brown them in a stewpan, with a little butter; add a little flour; moisten with *bouillon* and a glass (tumbler) of white acid wine; let it boil very slowly, and take off the fat with care.

Sauce au Vin de Madère.—Mix with a glass of wine a large spoonful of flour, and add to it a certain quantity of *consommée*, butter, salt, nutmeg, bits of oranges, and candied lemon or citron; boil all from twenty-six to thirty minutes; add again more butter, but you must keep continually turning it, to prevent its becoming oily. This sauce is used for puddings.

Sauce Brune—Brown Sauce.—Take beef and veal in the same quantity, the *debris* of all sorts of fowls, carrots and onions; moisten this with water, and place all over a strong, quick fire; as soon as the water is evaporated, reduce the fire, in order to colour, but not to burn the meat. When all in your stewpan is of a good colour, moisten it a second time with *bouillon* or water; season with salt, pepper, a bouquet composed of parsley, young onions, bay-leaf, cloves, and some mushrooms. Stew it for three hours, and pass it through a silk sieve; make a *roux*, and moisten it with what you have extracted from the meat, which must be again put over a very slow fire, and boiled for an hour. Skim and pass this through a sieve. This sauce ought to be of very good taste, well coloured, and sufficiently well mixed, to keep, in order that it may be used when wanted.

The same without Meat.—Put into a stewpan two ordinary-sized carps and two jacks of the same size; add six carrots and six good-sized onions, which must be cut in slices, a good bit of butter, four or five roots of parsley, thyme, bay-leaf, pepper, and salt; moisten the

whole with wine and *bouillon maigre* (which see); put the stewpan over a quick fire, to reduce and colour it. When so done, add about four dozen mushrooms, half a handful of parsley, onions, and shalots; let it boil for two hours, and pass it through a sieve. Make a *roux*, and pour the sauce so strained to it; but take care it does not get lumpy; then put it again on the fire for another hour; skim and take all the fat off, and then pass it through your sieve.

Sauce aux Cornichons—(*Gherkins*).—Make a white sauce, and add the moment before serving the gherkins, cut into slices.

Sauce à la Crème—(*another Cream Sauce*).—Mix a piece of fresh butter in a saucepan, with one spoonful of flour; moisten it with a tumbler of boiling cream; turn and reduce it well; but take care it does not stick to the saucepan; add to it, by degrees, two other tumblers of cream; pass it through a sieve when done. This may be served with several sorts of fish, and with dishes of vegetables and eggs; it may be seasoned with salt, and, if required, with sugar.

Sauce à la Guietard.—All sorts of fish that you want to dress, white, after they have been boiled, put into a stewpan, salt, pepper, and vinegar, and boil for some minutes; reduce the fire, and add butter in sufficient quantity; turn this sauce with a wooden spoon until the butter is completely melted, and serve directly. Another way:—To make the same sauce cold, take a certain quantity of yolks of eggs, and moisten them with salad oil; add salt, pepper, and vinegar, little by little, until the sauce is of sufficient consistence.

Sauce à l'Huile—*Oil Sauce*.—Rub on a very fine grater, or with a very fine knife; take off nothing but the yellow part of the rind of one or two lemons, called by the French the *zeste*; infuse this in some of the best salad oil; in another basin dissolve salt and pepper in vinegar, and add thereto parsley and taragon, chopped very fine. Some people like the addition of garlic and allspice; but this depends on taste; mix three table-spoonfuls of the oil so prepared with one of the aforesaid vinegar, and you have a capital sauce for all sorts of broiled fish.

Blond de Veau.—Put into a stewpan some knuckle of veal, with a glass of *bouillon*; let it stew for some time on a slow fire; add a little more *bouillon* or *consommée*.

Blanc.—Put into a stewpan half a pound of suet, half a pound of bacon fat, a quarter of a pound of fresh butter, two carrots, two onions cut in the middle, a bouquet of sweet herbs, a bay-leaf, the juice of a lemon, pepper (whole), salt, and two glasses (tumblers) of

bouillon; let it boil for some time; it is then ready for all the meats that are to be cooked *au blanc*.

Braise.—Lay over the bottom of a stewpan a slice of fat bacon, veal, or beef, cut in slices, very thin; season with pepper, salt, young onions, parsley, thyme, bay-leaf, cloves, onions, and carrots, cut in slices, all well arranged in your stewpan; cover this with one tumbler of white wine and either water or *bouillon*—the latter is the best; put this on a very slow fire for a long time; lute the cover with flour and water, so as hermetically to seal it, and prevent all evaporation.

In France they call that white braise which is made with slices of bacon and veal only, and a seasoning as before described; and it is used only for fowls and pigeons, &c; but for larger things, and especially for a leg of mutton, the first is what is most recommended.

Sauce Hollandaise—another *Dutch Sauce*.—Mix a bit of butter in a little flour; add vinegar, a little water, salt, and nutmeg, and a *liaison* of yolks of eggs; put it on the fire, stir it continually; take great care it does not boil, or it will curdle.

Another.—Put into a stewpan the yolks of two eggs, one spoonful of flour, and four ounces of fresh butter. Season with pepper, salt, and nutmeg, and the juice of two lemons, and half a tumbler of water; put it over a slow fire, stir it continually until all is smooth and well mixed. This may be used with all sorts of fish and many vegetables.

Observation:—The following receipts, although not strictly sauces, are additions thereto; and we therefore think we may properly introduce them in this chapter. In France they are called *garnitures*, and consist of things required in making many French dishes.

Cocks' Kidneys and Combs.—Cut them at the ends for disgorging and blanching; wash them several times, and throw them into hot water, and leave them there till the skin rises. Wipe them with a clean, soft cloth, without breaking them; cook them in *bouillon*; add the juice of a lemon, to preserve their whiteness; but do not put the kidneys to cook till the cockscombs are done; they require longer to disgorge.

Croûtons.—Cut the bread (the crumb) from a stale loaf in such shape as pleases you; dissolve enough butter to completely cover them; when very hot, put in the bread, and the moment it is of bright gold colour, take them out and drain them well on a soft cloth, and serve them, where directed, hot. If, however, you have the

frying-pan before described, it is best to place them in a wire basket, and dip them in the boiling oil, and drain them as before described.

French Cooked Stuffing.—Cut up bacon and veal (but take out all sinews) in small bits the size of dice; brown them in butter; salt and pepper them; when done, take them out, and let them get cold. Chop them very small, and add bread crumbs that have been soaked in *bouillon*; mix the whole with a *liaison* of yolks of eggs, and add to this truffles and mushrooms that have been cooked in butter, and chopped up fine. For this stuffing you can use fowl, game, or fish, instead of veal.

Financier.—Put a little *consommée* into some sauce *tournée*, and when you have well reduced it over a quick fire, put mushrooms and sweetbread that has been browned in butter to it; when it is nearly done add the cocks' kidneys and combs, the liver of fowls cut in slices, and blanched truffles; cut thin the bottoms of artichokes, the quenelles of fowl; and at the moment of serving, a *liaison* of yolks of eggs.

They also make this with a *roux* moistened with sauce *Espagnole* and *consommée*, and a glass of white wine, instead of the sauce *tournée*.

Flamande.—This is composed of lettuces, little cabbages cut in quarters, carrots, and turnips, cut by moulds the same length and size; these are all blanched and drained, and then cooked in a sauce or a *roux*, or butter seasoned to your taste. They are then laid round the dish, prettily arranged, and the meat in the centre, and you put round the border onions glazed, at such intervals as you may think proper.

Friture.—We have said so much about this that we refer our readers to what has gone before; all we now wish to explain is, the things usually fried in France. They consist of all sorts of meat, fowls, fish, game, fruit, vegetables, feet, ears, brains, and eggs; these are mostly fried in the following paste:—Flour, yolks of eggs, a little beer or brandy; it ought to be made smooth, thin, and very light, and kept for two or three hours before it is used.

Godiveau.—Take of perfectly lean veal, from which all the sinews have been extracted, half a pound; one pound of suet, also skinned and all sinews extracted, and as dry as you can possibly get it; chop the two together very fine; add, while chopping, the yolks of two eggs and a little water; then put it into a mortar, and pound it with the yolk of another egg and a little more water; season to your taste, and a little chopped parsley. Make them into little balls, and poach them as directed.

Marinade is made with equal portions of vinegar and water; onions cut in slices, parsley, garlic, pepper, and salt. If wanted for vegetables that are to be fried, such as the salsify or celery, suppress the onion and garlic. They also *mariné* with oil with the above additions. It may also be made as follows:—Dissolve in a stewpan some butter, add a carrot and onions cut small, pepper and salt, bay-leaf, parsley; moistened with water or *bouillon*, and one-third of good vinegar. Boil all together, and pass it through a sieve. You can soak in this or *mariné* all the meat and poultry you wish to fry.

Onions—Oignons Glacés.—Peel the largest onions without injuring the stalk; put them into a stewpan; that is, cover the bottom of the stewpan only; dissolve some butter and pour it over them, with a little salt, and one ounce of sugar and one tumbler of *bouillon* for each dozen onions, and cook them; when half done, and they are coloured, turn them, so that they may be coloured all over; place them round whatever meat you intend them to be served with, taking them up with a spoon or a fork; put a little *bouillon* or wine into the stewpan; pass the glaze through a sieve, and pour over the meat.

Petites Racines.—According to the seasons choose your carrots, parsnips, asparagus, turnip-cabbages, turnips, or others; cut them to your taste, and place them as you judge fit. Blanch them, cook them in the sauce you intend them to be served with, round such meat as you judge convenient.

Ragout of Mushrooms.—Put into a stewpan salt, pepper, nutmeg, parsley, and young onions chopped fine, two spoonfuls of vinegar; mushrooms, which have been washed, peeled, and soaked beforehand. Place the whole over a slow fire, and boil it for a quarter of an hour; at the time of serving add a *liaison*. You can add to the mushrooms the same quantity of young hearts of onions, and if none at hand, take the large and cut them to any shape you like. You must brown them in butter, and add a spoonful of arrow-root or two of flour; season with nutmeg, pepper, and salt, and moisten with white wine or *bouillon*, and cook them over a very slow fire. This latter, which is called sauce *Matalote Vierge*, must be finished with a *liaison* of yolks of eggs, with the juice of a lemon or some vinegar.

Ragout Financier.—Put into a stewpan mushrooms and truffles, seasoned with allspice; pour over these some sweet white wine, veal jelly, and a few tomatoes; reduce, and add sauce *Espagnole*, some *blanc de veau*; skim and pass it through a sieve; separate the mushrooms and the truffles, and add the cocks' combs, kidneys, queuelles or *godiveau*, sweetbread, either of veal or lamb, cut in small slices.

This is used to fill a *vol au vent*, or to serve as sauce for a calf's head.

Ragout de foie.—Take the livers, from which you must extract the gall-bladders; put them to blanch in hot water for a few minutes; then place them in a stewpan, add a sufficient quantity of gravy or *bouillon*, and half a tumbler of good white wine; season with a bouquet of parsley, young onions, garlic, salt and pepper; simmer for half an hour, skim, and serve as an *entrée*.

Garniture de Ragout.—Make a choice of cocks' kidneys and combs, liver, called in France *foie gras*, or calf's liver, lamb or calf's sweetbread, mushrooms and truffles; prepare the quenelles or *godiveaux*; put all these things in equal quantities into a stewpan, and cook them in the "worked" sauce *Espagnole* (page 114). If you want a white ragout, you must add a *liaison* of yolks of eggs, according to the quantity of sauce required. You should prepare this so that you may have sufficient by you for any dishes that may be ordered.

Ragout de laitance (soft roes of fish).—Take a certain number of the soft roes of carp, and take off the skin or film which covers them, and put them in warm water to disgorge, and then throw them into more water which has some salt in it, and put in a little vinegar; as soon as they boil, which will be in a few minutes, drain them on a napkin or soft cloth; put them in a stewpan with the *velouté* and *almande* sauce, and add plenty of butter; and when done, pour over the juice of a lemon.

Ragout Mélangé.—Artichoke bottoms par-boiled, mushrooms cut in pieces, *foie gras* or calf's liver, cut in slices and put into a stewpan; put in a morsel of fresh butter; a bouquet of parsley, young onions, one clove of garlic, pepper and salt, and one pinch of flour; moisten with sufficient *bouillon* or white wine. Simmer for one hour, take off the fat, and serve it for an *entrée*. If you wish to cook this *en blanc*, you must add a *liaison* of two yolks of eggs.

Ragout of Morels.—Take a sufficient quantity, wash and clean them well, and throw them into boiling water, and then drain them; put them into a stewpan, with some butter and the juice of a lemon; moisten with sauce *blanche*.

Ragout de Navets—Turnips.—Let your turnips be all of the same size; if very large, shape them to your taste, but all alike; throw them into salt and water; cook them in *bouillon*, and when done add the sauce *allemande*; keep them hot in the *bain marie*, but do not let them boil; and if the sauce should become too thick, reduce it with fresh butter worked into it.

Ragout à la Providence.—Take bacon cut into very small bits, (“*Sausages à la Chapilotte*,” which see), mushrooms, chestnuts, quenelles made into the form of sausages, and truffles; put all these into a stewpan, and moisten with Madeira or other wine, and some good *consommée*; then put in cocks’ kidneys and combs; pour over this the sauce *etouffade* clarified, and just before serving add olives, stoned and blanched in boiling water.

Ragout Toulonsain.—This is much the same as that we have before described under the name of *Financier*, because you employ in the confection the same materials, which are put into a stewpan with what is called *demi-glaze*, made with fowls. You must, however, warm the quenelles separately, and the rest must be cooked in the *bain marie*, without permitting the least ebullition. In case the sauce should be too thick, it must be thinned with *consommée*.

Ragout en Tortue.—This is made like the *Financière au roux*, to which you must add Espagnole sauce and cayenne pepper, one glass of sherry wine, hard boiled eggs, croutons well fried, crayfish, and very small gherkins.

Ragout de Truffles.—Peel the truffles, and cut them in slices; put them into a stewpan with fresh butter, young onions, a bouquet of parsley, cloves, and one pinch of flour; moisten with half wine and *bouillon*; simmer them for half an hour over a slow fire; take off all the fat, and add a little coulis. Serve as *entrée*.

Ris de Veau.—Take out all the sinews, disgorge in several waters, all of which should be tepid, one or two calf’s sweetbreads, and then put it into cold water; take it out, drain it, cut it in slices; put it into a stewpan with some dissolved butter in it very hot; brown it nicely, and throw a little salt over it. This will be found very good, and very light of digestion.

Walnut Catsup is made with the outside shells or coverings of the walnut put into a large pan with salt, and then, after the liquor has run from the shells, it should be well boiled, and put into bottles, and corked and sealed for use.

Mushroom Catsup is made precisely as the above, only the large flap mushrooms are used instead of walnut shells. We never could find out the use of either of these sauces; the one does not give the flavour of the walnut, and the other does not give that of the mushroom. In truth, it appears strange to use decomposed vegetables in cooking. For our part, we prefer the good and wholesome.

The following *purées*, perhaps, might more strictly be placed

in the Chapter on Vegetables, but as they are much employed with sauces we consider it advisable now to introduce them.

Purée de Cardons.—Cook the cardons in a blanc; cut them in little pieces, and put them in a stewpan, with a sufficient quantity of good *bouillon*, or *consommée*, or *velonté* sauce; when all is reduced to paste, rub through a sieve; if the *purée* is too thick it must be thinned by cream, but it must never be boiled.

Purée de Carottes.—Cut a sufficient quantity of carrots, chop up two onions, put a good piece of butter in a stewpan, and stew your carrots and onions in it; then moisten with *bouillon* or water; simmer them till quite tender; strain them and rub them through a sieve; moisten them with the *bouillon* or water in which they have been cooked; replace them in the stewpan, with either good gravy or butter; put them on the fire, and reduce them till they are of a proper consistence. Take off all the fat before serving.

Purée de Champignons.—Pick the mushrooms and throw them into vinegar and water, or some lemon and water; take them out, and put them into a stewpan with a little water, in which you have squeezed the juice of a lemon; let them cook for a short time; take them out, drain them, and chop them up as fine as possible; put them into a clean cloth, and press them and wring them as tight as you can; then put into a stewpan a good bit of butter, the juice of another lemon, and the mushrooms which you have wrung in the cloth, and leave them over the fire till they become oily; moisten with *bouillon* or *consommée*, and reduce till it is of the consistence you require; add pepper, and pour it into a jar to keep until wanted for use.

Purée de Chicorée.—Take a sufficient quantity of endives; wash, blanch, pick, and chop them; cook them in a stewpan, with either *bouillon*, gravy, or *consommée*, or sauce *velonté* or butter (if wanted, *maigre*), with some cream and a little sugar, turn till the *liaison* is perfected, pass through a sieve, and serve as wanted.

For the same reasons that we have introduced *purées* among our sauces, we here give a place to the following receipts.

To dry Artichokes.—Boil your artichokes for five minutes, or, in fact, till you can remove the leaves and chokes; take them out, remove the leaves and chokes, and string the bottoms by running a string attached to a needle through the centre, and hang them up to dry. When wanted for use, if soaked in warm water they will regain their original size and flavour.

Green Pease.—If shelled and put into wide-mouthed bottles, and put into boiling water for fifteen or twenty minutes, then taken out

and allowed to get cold, and corked up and sealed, will keep for a long time after the pease are out of season. In France, they are kept in hermetically sealed tins, and sold for one shilling a tin,—enough for a dish.

To Preserve Mint.—Mint should be preserved quite dry, and hung up in bunches in the kitchen, and then kept in brown paper bags. Sage, and all other sweet herbs, may be preserved in the same way.

Very great care should be taken in making the sauces and gravies before described; and the covers of the stewpans, except where you are directed to stir all the time, should not be taken off too often, because the French say that the steam makes the gravies; that is, that by the condensation of the steam the gravies and sauces are improved. If this theory is correct, you will see how necessary it is to keep the covers closed, and even to lute them with flour and water, so as to prevent any evaporation. And observe, that in employing any of the sauces, either for fish or meats, poultry or game, that none of these substances are on any account to be permitted to boil, unless you wish to have your food hard and indigestible. The fashion of making sauces, after the meat is in the stewpan, should be avoided; the sauce should, as a rule, be made first, and the meat intended to be cooked in it should then be warmed or simmered, as the case requires, but never allowed to boil; and we lay it down as a rule, that, as far as meat, fish, poultry, and game is concerned, that to boil is to spoil.

CHAPTER XI.

ROASTS.

A GOOD roast (*la pièce de resistance*) is a most necessary adjunct to a dinner. Roast meats require great care and attention; and we doubt if they have ever been in perfection since the good old time when a stupid lout, who hung about the kitchen, was employed to turn the spit, and baste the meat. In modern times, however, we have bottle-jacks and various sorts of springs and clock-work, with smoke-jacks, and skeins of worsted knotted and pressed into the service; but all are defective for want of a little cup, pierced with very fine holes, which should be fixed at the bottom of the jack, just above the meat (a sort of perpetual shower-bath), and which would, with the turning of the jack, *arroser* (as the French say) or baste the joint to be roasted. This, when empty, might be re-filled with the ordinary ladle, and would produce an excellent effect in roasting.

Easy as this process of cooking meat before the fire may seem, it is not so much so as people imagine. If the meat comes hard to table, the butcher is blamed, when, perhaps, the fault is in the cook. Now, if proper care and attention are paid, no roast can be hard or tough. It may be said, "Oh, but we cannot always be running after our servants, and scolding them." True; then say to the cook whom you engage, "All the viands you spoil in my house, you must pay for."

The process of roasting is very simple: let the joint of meat be well rubbed with salt just before it is put into the cradle spit (other spits spoil meat) or appended to the bottle-jack. Let it be placed at a moderate distance from the fire (say two feet for the first quarter of an hour), in order that it may warm gradually; and for this quarter of an hour it does not require basting. It should then be advanced about six or ten inches towards the fire; and it should be basted from that time continually, until done. The time calculated for roasting all meat is a quarter of an hour for each pound. But veal, lamb, and park ought to have from fifteen to twenty minutes more time allowed; and venison about ten or fifteen minutes. A little *bouillon* made hot, and poured over the meat, is all the gravy necessary. If these directions are followed strictly, we promise that the meat will not be tough; but if the basting is neglected, and the meat at once placed before the fire, it will be hard, raw in the inside, and

totally unfit for food. The meat may be advanced by degrees to within six inches of the fire; but we think it should never be nearer than from ten to twelve inches. If it is to be "frothed," this is done by dredging it with fine dry flour for the last five minutes (but not so as to form a crust over it), and basting it continually. The fat that falls into the dripping-pan should be poured into a clean basin, and the next day, when cold, the gravy which is at the bottom should be poured from it, and preserved. The fat or dripping should be clarified for frying, or for general kitchen purposes; clarified dripping—being quite equal to lard, which is nothing more than clarified hogs' fat—may serve, if kept cool and clean, for many gravies, with flour, instead of butter; and this is the true economy of the kitchen.

We were once living in the country, and had something which required parsley and butter, or *maître d'hôtel* sauce. The cook came, as all cooks do, just an instant before the dinner was ready to serve, and said, "I forgot to tell you that we have no butter in the house; and what to do for the *maître d'hôtel* sauce, I don't know." We repaired to the kitchen, and inquired: "Have you any dripping?" "No." "Is there any lard?" "No." We thought for a moment, and going to the closet where our store was kept, we brought forth some olive oil, and converted it to use for the object required. Everyone declared they had never tasted better *maître d'hôtel* sauce. It was an experiment, and it answered. At that time, we had never heard of oil being so used. Since then we have ascertained that in the South of France and in Italy it is in common use for this purpose.

We have, however, been led into some digression; but which we think necessary, because we know that all English cooks think the kitchen-stuff a legitimate perquisite, and consider that the mistress has no right to forbid its sale. On the contrary, we consider it robbery, sanctioned by inattention and long usage, so to appropriate it, and that the theft should be put a stop to. In our receipts for cooking poultry we shall speak more at large on our particular modes; all we wish is now to impress upon our readers that if a tender *roti* be required great care must be taken that it is well basted, done gradually, and, as the French say, "*au point*;" and then, if the ox were killed, and the joint immediately cut out and cooked as we directed, it will be good and tender; otherwise, even although hung for days, hard, bad, and tough. In England, where everything is on a grand scale, and the great national dish is roast beef, the best joint is the

Rump of Beef, which exceeds every other part of the ox for excellence and delicacy of flavour, and also for elegance. This, if roasted in a spit, should be well salted just before being put to the fire, and covered over with oiled, buttered, or greased paper; then placed in the cradle-spit, kept well turned, and basted and gradually advanced towards the fire, as before described. It should be placed far from the fire at first, and drawn nearer by degrees. If weighing twenty pounds it will take five hours to roast. The best gravy is good hot *bouillon*, with a wine-glassful of port wine in it. It should be served in a well-dish, garnished with horseradish scraped, and horseradish sauce served in a tureen.

Sirloin of Beef and Ribs are treated in the same way as the rump; a quarter of an hour for each pound being the usual time. In winter, if the meat is frozen, which it frequently is, soak it for ten minutes before the fire in cold water.

All other joints of Beef are to be roasted in the same way, following the same directions as those given for the rump, sirloin, and ribs.

Mutton should be roasted in the same way, except haunches of mutton and saddles of mutton,—a quarter of an hour being allowed for each pound of meat.

To prepare and cook a Haunch or Saddle of Mutton.—Take a fine saddle or haunch, that has hung for two or three days, but which is perfectly sweet; take it to your grocer's, and request him to place it for a fortnight or three weeks in the bin of brown sugar, so that the air may be entirely excluded from it; take it out; rub some salt well over it; cover it with oiled or buttered paper, and a flour-and-water crust all over it; lay it a few minutes before the fire, and rather close to it, that the crust may set; then place it in your cradle-spit, and proceed with the roasting, precisely as before described for the rump of beef. A quarter of an hour before it is done, take it down; strip off the crust, but leave on the buttered paper for five minutes longer; then remove that, and froth it with the dredging-box; basting each time it turns, and dredging every second time for five minutes; serve it in a well-dish. One breakfast-cupful of good gravy, and one wine-glassful of port wine, made hot, are then to be put in the dish. Serve with currant jelly; and this will be found only inferior to venison.

Veal should be roasted rather more than beef or mutton; and, as a general rule, give twenty minutes to each pound of veal. A fillet and shoulder of veal should be stuffed with forcemeat. A little butter

should be dissolved in a stewpan, and about half the usual quantity of flour for making a *roux* should be added; then add a little boiling water, so as to make very thin melted butter, which should be poured over the veal when roasted; this forms a good gravy for veal.

Pork should always be stuffed with sage and onions, chopped very fine—the Portugal onions, and green sage, when it can be obtained, are the best. We should allow twenty minutes per pound for this meat; but before placing it in the spit, a sharp knife should be passed across the skin, and cut through to the fat in the shape of lines or slices across the pork, the way it is afterwards to be cut. Buttered paper should always be placed over the cracklin, or it burns and blisters, and becomes too hard to eat. This paper should be removed ten minutes before the pork is done. It should be served hot, with a little *bouillon* poured over, or a teacupful of boiling water, apple sauce in a sauce tureen, plenty of mustard, and good boiled potatoes, which are the only allowable vegetables beyond the stuffing.

Lamb is only good when mutton is woolly. The best parts are the fore-quarter and the leg. A fore-quarter should be well and gently roasted. The time it requires will generally depend on its thickness more than its weight; when the steam issues from it, it will be sufficiently done. The rule of a quarter of an hour to the pound is, however, a very safe one; but it must be *perfectly* done. It should be placed on a well-dish with a little boiling water poured over it; the shoulder taken off before coming to table, and butter, salt, cayenne pepper, and the juice of a lemon put under the shoulder. We believe the proper thing is a Seville orange, and not a lemon, but this is not always to be procured. New potatoes and stewed spinach are the vegetables to be served with lamb, or green pease instead of spinach.

Haunch of Venison.—When we head this joint with the word “Haunch,” we must be understood to mean “haunch and neck;” for no haunch has sufficient fat to satisfy the true lovers of venison. If, therefore, a friend send you a haunch of venison, you should purchase a neck to eat with it, for without the fat from the neck your haunch is comparatively lost.

It is only in a first-rate English kitchen that this joint can be cooked to perfection. The haunch should hang long enough to be tender, but not high, in the common acceptation of the word. It should be covered with buttered paper; then enveloped in a rather thick flour-and-water crust. It might then be put for ten minutes into a slow oven with the door left open, to set the crust, or placed

before the fire for the same purpose. If fear should exist that the crust will fall off, it may be well to envelop the whole in well-oiled paper, tied on with string; then put the joint into a cradle-spit, and roast very gradually, unceasingly basting it. Fifteen minutes before it is done, the dripping-pan should be cleaned out, and the joint basted with one pint of port wine. Five minutes before it is served, the paper should be taken off, the dredger-box slightly used, so as to froth it. About half-a-pint of *bouillon*, or gravy made from the trimmings of the venison, should be mixed with the port wine with which the joint has been just basted, and put into the dish. Before we quit the subject, let us tell all those who love venison, and attempt to cook a haunch, that they must have a well-dish made of metal, to contain a lamp or boiling water. Next, they must have a sufficient number of the same sort of plates, so that the slices served may be preserved hot. The neck should be treated precisely as the haunch, and consequently should have another fire-place for its roasting. Currant jelly, potatoes, and French beans are the only admissible things to eat with venison.

To Roast a Turkey.—This bird, the finest of the fowl tribe, if to be roasted plain, should be treated as follows:—First, place a quarter of a pound of butter in the inside, with plenty of pepper and salt; then make a good forcemeat (which *see*), with one pound of sausage meat and one pound of truffles, and then with the hand work under the flap over the breast, so as to secure a large space for stuffing. The truffles should be stewed and first put in, forcing them up as high as possible; then a layer of forcemeat; and next a layer of sausage meat; then a layer of truffles; another of forcemeat, and another of sausage. The turkey must then be put into a cradle-spit, with half a pound of good butter in the dripping-pan, well basted, slowly roasted; and when it emits the steam it is done. Serve very hot, with plenty of gravy, and a pickled tongue, well boiled, and bread sauce.

Another way.—Prepare some chestnuts as for a *soubisse*, with which stuff the breast and the inside, adding a quarter of a pound of butter to the chestnuts; put it to roast, and serve hot. This is very excellent.

Common way.—Precisely the same as the first, only omit the truffles, which you will not do if you have ever tasted it with them.

A Turkey Stuffed with Truffles.—This most esteemed dish, which costs from £2 to £3, is only known in England by those who have resided in France. Nothing in the shape of poultry can exceed this.

The truffles (the black sort) are cut up, and the body and breast stuffed with them. Before this is done, the truffles are stewed for a short time—about ten minutes—in butter, and seasoned with pepper and salt, and then stuffed into the turkey. It takes about four or six pounds of truffles to stuff a turkey well. It is then roasted, and served very hot, with a little gravy poured over it. We have known in Paris as much as 100 francs (£4) given for a bird thus prepared. All sorts of poultry, as capons, fowls, and partridges, are delicious when treated as above. Brillat Savarni calls the truffle “the diamond of the kitchen,” and he is right; without them we cannot ensure first-rate cookery. The flavour, the perfume, and the *goût* which these delicious fungi give to all things to which they are applied, is beyond belief.

Another way to Roast a Turkey.—Those who like the flavour will do well to stuff the bird with oysters, and roast it. It must be stuffed with from ten to twelve dozens of oysters, which must be plumped in their own liquor, and then mixed with half a pound of butter.

To Roast a Goose the common way.—Chop finely Portugal onions and sage; stuff the interior, and roast it slowly for about three quarters of an hour, taking care that the gravy is in the goose—that is, that it is not done too much; serve with a little good gravy and plenty of apple sauce and mustard.

Roast Goose with Chestnuts.—The French, who cannot understand our taste in eating sweet sauce with venison and mutton, or apple sauce with goose, frequently stuff the goose with chestnuts, as described for a turkey; but the inside only is stuffed, and not the breast. It is delicate, good, and mild; and, by those who do not like onions, is generally much preferred to the common method of roasting a goose.

Roast Goose another way.—Put a lump of butter and pepper and salt in the inside, and roast the goose without any other preparation.

To Roast a Capon.—The ordinary mode is to put a lump of butter, pepper, and salt in the interior, and roast it. Serve it with water-cresses. This bird, with truffles, is nearly as good as a turkey, and sometimes less expensive. Stuffed with chestnuts it is very good.

Roast Fowls are never to be cooked without putting a lump of butter into the interior, with pepper and salt. They may either be served *aux cresson* (with water-cresses), or plain, with gravy, egg sauce, and salad.

Pigeons are roasted like fowls; and very insipid they are when they are done.

Pheasants, &c., come under the head of *Game*, which see.

Rabbits are sometimes roasted in England, but in France they cut them in half, lard the hind quarters with bacon, roast and serve with gravy, in which the juice of a lemon is introduced, and very savoury you will find it. The rest of the rabbit is made into a civet, which see.

To Roast Larks.—These delicious little birds should be boned, and placed one dozen on a skewer, and roasted in a Dutch oven. They should be served with a fine rich gravy, and will be found excellent.

Another mode of roasting.—There is another mode of roasting, common in France, and very convenient if you use a stove; that is, in a saucepan. It consists simply in placing a piece of butter in the bottom of your saucepan, and putting that which is to be roasted into the vessel and keeping it well turned and uncovered. Fowls roasted in this way are equally good, if cooked with attention, as when roasted before the fire. It requires nearly double the time, and if you have another roast, it is well to know that you can cook one in a saucepan.

We mention this because, if you talk to an English servant of two roasts, she immediately says—"Then the fire must be lighted in the back kitchen, and I must have some one to help me," &c. &c.

Broiling and Frying.—These are very difficult processes, since they require great care; nevertheless, they are very simple; and, because simple, they are generally badly executed.

We ordered our cook, in Paris, one day to cook us some mutton chops in the English fashion; we gave the proper and necessary directions, and one of our particular orders was to do a chop for each person, and send them under a cover on the plate destined for their service; that is, that each person should have his chop on a hot plate. The chops came; they could not be eaten: they were as hard as iron. We were much annoyed, and proceeded directly to the kitchen, cooked the rest ourselves, and made the cook eat one in our presence: it was as tender as a chicken.

This is the secret:—Broiling is nothing more than roasting at the top of a fire. Roasting means turning; so you must keep turning what you have to broil, or it will of necessity be hard. Everything *we* broil is tender. All can do the same, but it requires care. It will not do to put a chop or a steak on the fire and leave it for half an hour, or even five minutes; if you do the meat is spoiled. Let the

fire be clear, and with on smoky coals; throw a large handful of salt on it, then put on the gridiron well cleaned, and if the bars have grooves, so much the better; grease the bars of the gridiron, put on the meat, and, with a pair of short iron spring tongs, keep it turned continually till done; then put it into a hot dish, have ready a small piece of butter, which lay gently on it; and, with a little pepper and salt, you will find the broil done to perfection. This is the only secret; but it must not be left for a single instant, or it is likely to be spoiled.

We do not multiply receipts for broiling meats, since all must be broiled as we have here described; any other mode will render the meat hard and tasteless. Bear in mind that broiling is only roasting on the top of the fire, and you will not fail to succeed.

Frying is another mode of cooking that is not well understood in England. What is called "to fry" in England, in France is termed "*sauté*;" still there is the greatest possible difference between the two. We have never seen, in England, a real frying-pan; all those we have seen have been *sauté* pans. Now, we have before described the mode, but for fear that our readers may look in vain for frying, and pass over what we have before written, we again call their attention to it under the proper head. We have seen, at nearly all the braziers in London, brazing or preserving pans: those are the proper shape for frying-pans—about 7 or 8 inches deep, and a good large size round. Frying is performed by nearly filling such a pan with oil (or any other sweet fat), and bringing it to a high temperature, and then immersing the meat to be fried in the nearly boiling fat, and as soon as it is well coloured the meat is fried. Oil should be used in preference to any other fat, because, if taken care of, it will last for months if used every day; that is, made hot and kept free from dust. This pan should have a covering half over, in the shape of a half-moon, perforated with holes for the oil to drain through. There should be a back to this half-moon like what is known as a bonnet at the tin shops, and which is used for putting on a plate in which you are toasting cheese. The meat fried should be drained on this strainer, and all the fat will drop again into the pan and the meat will be kept hot. All things thus cooked will be good, light of digestion, and not greasy, as is too frequently the case in England.

To Sauté.—This mode of cooking is excellent for many things. The process is that followed in cooking veal cutlets the English way. The word *sauté* signifies to jump, and no doubt this term is used to

signify that the things so cooked are “jumped,” or tossed about in the pan with a spoon. It is usual to put butter in the pan in which the article is to be cooked, or, as we should say in England, fried, and then to make the butter into a gravy to pour over and serve with it. *Sauté* pans are of two shapes—round and oval. Sauteying is an important division of cooking; and, if well attended to, many excellent dishes can be so prepared. A moderate fire is generally required—that of a stove is preferable.

CHAPTER XII.

BOILING.

THIS mode of dressing meat is not, and never has been, understood or explained—the term being in itself a contradiction of the fact. A “boiled” piece of meat is unfit for food, because it must be hard and innutritious; no meat should ever boil, for if it boils it is spoiled. For making soup, the meat should always be put into cold water to extract the juice. In boiling, as it is termed, the meat should be placed in water that has boiled, and been withdrawn from the fire to allow the ebullition to subside; the moment that it has subsided the meat should be placed in the saucepan and simmered till done. Now the reason of this will be obvious to a chemist: the hot or nearly boiling water hardens the outside so as to form a description of crust, and then the juices are kept in the meat; whereas, if the meat is placed in cold or warm water only, as the temperature increases the juices would be disengaged, and the object in view defeated. This is the great secret of boiling meat, and it is well that it should be extensively known, because so much meat is boiled in England.

To Boil a Leg of Mutton.—Boil a large saucepanful of water, to which add a little salt, an onion, a carrot, and a turnip. When the water boils, withdraw it to the side of the fire and wait till the ebullition has subsided, then put in the meat (some cooks tie it in a cloth, which is unnecessary), simmer it, taking care that it never boils, or it is rendered hard—let it simmer till done. The rule, as in roasting, is a quarter of an hour to each pound of meat. When done, it should be served in a hot dish, and with it caper sauce in a sauce tureen; serve with mashed turnips, carrots, and potatoes. The

water in which the mutton is boiled should be preserved and strained off into a clean pan, and kept to make Scotch broth. All joints of mutton intended for boiling should be served precisely as a leg.

To Boil Beef.—This is always salted, at least in England; but fresh boiled beef is very good; but now we treat of salt beef. This must be cooked and served precisely like the leg of mutton, and on no account boil the cabbage in the same pot with the beef. The water should have no salt put into it, but two whole carrots should be put into the saucepan. When it boils it should be withdrawn, as before stated, and when the ebullition has ceased, put in the meat, and simmer till done. Cabbages, carrots, and potatoes, should be served with boiled beef.

To Boil a Ham.—There are so many “best modes” of cooking ham, that it is difficult to decide among them. This much, however, is certain, that unless you have a very good cook, it will be well to envelop the ham in a flour-and-water crust, and bake it. Hams are sometimes boiled in lard, and the reason for this is, that it takes a very high temperature to make fat boil, and consequently the ham is cooked very gently. Some persons boil it in champagne, and others in white wine.

The old-fashioned way was to boil a ham, of about 20 lb. weight, in the boiler from three and a-half to about five hours, according to its size, simmering it all the time. The more modern method appears to be to put it in cold water, and bring it to boil; then simmer till done. A very old-fashioned way in England to boil hams, and which has a great many admirers to this day, is wrapping up the ham in hay, and simmering it very gently; while others are contented to place hay under the ham in the pot. No harm is done by either mode; but the cook must remember, that the ham is to be put into *hot* water and never allowed to boil. But to cook a ham to perfection, make a large *pot-au-feu*, and cook your ham in it. Let it simmer until an iron skewer will enter easily to the bone; then lift it out of the pot; take the skin off; either glaze it, or sift fine raspings over it. Send it hot or cold to table, and we will promise that neither white wine nor champagne is required to make it excellent. The hay had better be given to your horse, and the white wine and champagne drunk at table.

We once had a friend who said that he thought every ham was worth half a dozen of champagne to cook it in. We frequently tasted ham at his house, but never tasted anything to compare with our own

method of boiling, or rather stewing it, in the *pot-au-feu*. The soup is improved, and so is the ham.

If there be no *pot-au-feu*, six or seven quarts of *bouillon* may be used for boiling a ham. It should be well soaked before it is put into the liquid, and simmered till done. The *bouillon* may then be kept for making gravies and sauces, and will be improved. We mention this, in case there should not, on the day of cooking a ham, be a *pot-au-feu*. We may as well, in this place, show our readers how

To Bake a Ham.—Soak, wash, and trim it; put it into a deep earthen dish, with $\frac{1}{2}$ lb. or 1 lb. of suet, according to the size, dissolved and poured over it; then make a flour-and-water crust and cover it, attaching your crust to the dish, and send it to the bakers to be cooked in a slow oven very gently. This saves a great deal of trouble. The skin is taken off, and the ham glazed, or served with sifted raspings over it. Ham should always have a frill round the knuckle, and should be garnished.

To Boil a Pickled Tongue.—A tongue should be well soaked, put into water that has boiled, and be simmered from four to six hours, very slowly. It should be just kept on the simmer, and four hours is the shortest time—for a tongue should melt in your mouth; and, mind, it should, when done, be skinned, glazed, and garnished; and when helped, should never be cut too thin, or it is spoiled.

To Boil a Salt Leg of Pork.—This should be treated precisely like a leg of mutton. With this should be served greens or cabbages, pease-pudding, potatoes, and carrots. Fresh pork boiled is said to be very good.

Boiled Lamb.—This is, perhaps, one of the only meats that is better boiled than roasted. A boiled leg of lamb, with parsley, butter, spinach, and new potatoes, is by no means a bad thing. It must be simmered like mutton, and served very hot, covered with parsley and butter. Most people boil this in a cloth.

Boiled Breast of Lamb.—This, which to many people might appear very insipid and disagreeable, is, we assure our readers, a very good thing, if properly done.

This joint must be simmered, as before described, and the young white-heart cabbages served with it. No sauce is required. For the sick room it will be found most acceptable, and also for a family dinner.

To Boil a Turkey.—The saying in England and France is, “A turkey boiled is a turkey spoiled.” In this we perfectly agree; but it may so happen, that having a roast clashing, in some degree, with

another roast, it becomes necessary to boil, and consequently to spoil, a turkey. Should this be the case, it is a simple affair; proceed as for a leg of mutton. It is not to be stuffed with anything but sausage-meat; this, in sufficient quantity, should be put into the breast; the bird should be placed in hot water, as before described, and simmered till quite tender; and then it should be covered with celery, white sauce, or oyster sauce, and some oyster sauce served in a tureen.

It may be here necessary to remark that a capon should never be boiled.

To Boil Fowls.—These birds, which the French say “enrich our kitchens,” are never boiled in France; it is quite as much an English custom as roast beef and plum-pudding. The French have innumerable ways of dressing fowls; but they neither know nor esteem this method; and they accuse us of barbarity in continuing such a mode of treating these birds; notwithstanding which, we still stick to our boiled fowls. Now, if you wish to have them in perfection, you must observe the following rule:—Put into a sauce or stewpan enough water to cover the birds. As soon as it boils, put into it four ounces of good butter, pepper, and salt; boil this up till it is well amalgamated with the water; withdraw the sauce or stewpan from the fire, and allow the ebullition to subside; then put in your fowls, and simmer them till tender; lift them out; put them in your dish; and have ready some celery white sauce, and pour over them. They should never be served without a ham or pickled tongue.

Boiled Chickens—Should be boiled as above, and served with oyster sauce.

Boiled Sausages.—These should not be pricked with a pin, or a needle, but with a fork. The water should boil, and be withdrawn from the fire; and the sausages then put in, and allowed to simmer ten or fifteen minutes, when they should be served. Hot, for breakfast, they are more delicate than broiled or fried sausages.

To Boil a Shoulder of Mutton.—This Irish dish is very good; it should not be a fat shoulder, but as lean as you can find; boil it as before described for a leg of mutton; put it into a hot dish, and have ready some onion sauce, and throw it over the mutton.

A Boiled Goose should be treated precisely the same; it is highly esteemed by all those who have eaten it. This should be sent very hot to table. The onion sauce must be abundant, prepared with cream or milk, and seasoned with cayenne pepper.

Ducks are also so treated in Ireland, and are there considered a

very great delicacy. The many people we have known, who have been visiting in that country, have all declared in praise of these three receipts, and we therefore have no hesitation in giving them on the good authority we have as to their excellence. All we say is, try them.

To Boil a Beef-steak Pudding.—This should be boiled like a leg of mutton—that is, simmered, but always put into hot water, just boiling. The usual time for cooking it is from two to three hours; but if it simmer for seven or eight it is still good; in fact, after it has been two hours in the pot it is ready when you are.



CHAPTER XIII.

STEWING.

NEXT to boiling, in order of cooking, is the art of stewing. We call it an art, because on this depends the fact of stewed meats being either tender or hard. If meats are boiled, that is, allowed to remain in a state of ebullition, they must be hard. Considerable prejudice exists on the subject of warming up or making stews and hashes from cold meat. It is said that from this second cooking the meat becomes hard and indigestible. This is decidedly erroneous, because there is hardly a stew, unless it should be an Irish one, which does not require two cookings, even if made from raw meat. Let our previous directions for roasting, boiling, frying, &c., be well attended to, and no more tough meat will find its way to the table; but recollect that it all depends on following closely the instructions here laid down. Many people imagine that if they put the ingredients named into a stewpan it will “do of itself.” This is a mistake; and most persons have seen the directions of a cookery-book strictly followed, and yet the dish prove uneatable. The cook has been called to account for the failure. She has declared that it was done exactly as directed in the book; but it has always turned out that she allowed it to boil, and so let it spoil.

Now stewing is very different from boiling; and any cook who makes a stew boil is guilty of want of attention, and even of dishonesty, because she carelessly destroys the property entrusted to her, which otherwise would have given satisfaction and pleasure.

To Stew a Rump of Beef.—Put the joint into a large stewpan,

with about a pound of butter; set it over a stove; turn it often, and well brown it all over; then add to it some Portugal onions, carrots, turnips, two heads of celery, all well washed and cut in slices; a small bunch of herbs tied together, any of which the flavour is liked, and a sufficiency of *bouillon* or water. If the flavour of cloves is much liked, you may put from six to eight in this stew; season with pepper and salt; then let it stew very gently from three to four or five hours; add a tumblerful of port wine a quarter of an hour before serving it, and when quite tender serve it hot with the vegetables round it, and the gravy over it. The *bouillon* or water should be added boiling.

To Stew part of the Brisket.—The breast or brisket of beef (the most nourishing part of the ox), in France is sold very cheap, and they cut out all the fat for the purchaser. This, stewed precisely as the rump, only with less butter, and a wine-glassful of Madeira, sherry, or port, as may best please your taste, being first boned and tied round, will be found most delicious. Water may be used instead of *bouillon*, and the gravy will be thick and good. The addition of a dessert-spoonful of brown sugar will much improve the gravy. This is a capital remove, and if well skewered, has a very good effect.

Stewfato.—This Italian dish is very easy to make, and very good when made. The gravy is to be eaten with plain boiled macaroni, arranged with butter, pepper, salt, and Parmesan cheese: mind, no mixtures, such as the Dutch, the English, and the French use, but the Parmesan of the Italians.

To make the stew, proceed as follows:—Cut up into square pieces, of about two inches square, one-and-a-half pound of shin of beef; put it into a large stewpan, with two ounces of butter, one onion cut into four parts, and six cloves stuck into it; put it over a stove, and brown it gently but well; cover it up from the commencement, and shake it that it does not burn. The process of browning and drawing the gravy will take exactly half an hour, and it must be shaken very often, say every two or three minutes for this half hour; then put into it one breakfast-cupful of boiling water, and a bunch of sweet herbs, potted marjoram, winter savory, sweet marjoram, and one sprig of thyme. Put it by the side of the fire, and let it stew (but never boil) very gently for four hours. Take out the herbs, serve it with another dish of macaroni, and it will be found excellent. The meat with a salad will be found perfect.

Beef Gobbets.—Cut any piece, except the leg, into small pieces,

and put them into a stewpan; cover with water, and when stewed an hour put in a blade of mace, a few cloves, and whole pepper tied loosely in a muslin, with some celery cut small; then add turnips, salt, carrots pared and cut in slices, parsley, a bunch of sweet herbs, a crust of bread, and an ounce of barley or rice; cover it close, and let it stew till it is tender; then take out the herbs, spices, and bread; have a French roll, nicely toasted, and cut it into four parts; put these into your dish; pour in the meat and sauce, and send it hot to table.

Fillet of Veal.—Take a fillet of veal; stuff it well in the flap and where the bone was; set it in your stewpan with butter, and brown it well; then add three pints of *bouillon* or water; stew it till it is quite tender; add a few morels, truffles, a tea-spoonful of lemon-pickle, a large one of browning, a little cayenne pepper, and a dozen mushrooms; thicken with a brown *roux*; put your meat into a dish, with the gravy over, and forcemeat-balls round; garnish with sliced lemon.

Stewed Beef-steaks.—Broil your steaks till half done; then lay them in a stewpan, with half a pint of water, one blade of mace, an anchovy, a small bunch of herbs, and an onion. Make a *roux*, and add the gravy before made to it, quite hot; then put your steak into it, and add a glass of white wine; cover close, and let it stew till tender. Lay your steak in a dish, and the sauce over it.

The same with Olives.—This is very good with the addition of two dozen olives, cut round like a corkscrew (so as to take out the stones), and stewed in the above sauce.

Another way.—Broil your rump-steak; make a *roux*; add thereto fried carrots, turnips, and onions, a little water or *bouillon*, and stew it very gently till perfectly tender. If not sufficiently thick, you may thicken it with *fecule de pomme de terre* (arrow-root); season with pepper and salt. It is very excellent.

A Beef-steak stewed in its own Gravy with Champagne.—Take the under-side of the sirloin of beef; cut an inch thick; just dip it in cold water; let it drain for an instant; sprinkle it on both sides with pepper; then flour it thickly; lay it on a well-tinned iron saucepan, with a little water in it, about a spoonful; place it over a very gentle fire, and dress it, just simmering, from an hour and a-half to two hours, when it will become quite tender; add salt, and turn it, when half done. Add a couple of spoonfuls of gravy and a glass of champagne; serve very hot. This is very good and very wholesome.

Stewed Shoulder of Mutton.—Take out the bones, and roll it; stuff it with savoury forcemeat; trim off some of the fat, and put it in the

Dutch oven before the fire to brown, and let the fat run off; put it into a stewpan, with some young onions or Portugal onions, and a pint of good gravy; stew very gently till perfectly tender; thicken the gravy with a little arrow-root, potato-flour, or rice-flour, rubbed smooth in some cold stock or water, and take out the meat; keep it hot, and add the thickening; give the sauce one boil; put a glass of port wine to it, and serve it over the shoulder of mutton. A dozen mushrooms, soaked in vinegar and water, may be added. Great care should be taken that the sauce is not fat, for nothing is so horrid as to see fat floating about a dish. This dish is good as a change; but there are many things preferable.

Breast of Veal.—This can either be cooked whole or cut in pieces. The latter mode we prefer; if the former, the bones should be taken out, roasted or browned in a stewpan, with a little butter; then add a little flour to make a *roux*, about a pint of *bouillon* or water, and stew very gently till tender. When the gravy is added, a dozen of small mushrooms, washed, peeled, and soaked for half an hour in vinegar and water, should be added. Force-meat-balls fried, and egg-balls will be found an addition. If the sauce be not sufficiently thick, the addition of a little arrow-root will improve it. To those who like the flavour of mace, one blade may be introduced, and the dish must be seasoned with pepper and salt. If water is used instead of *bouillon*, onions must be introduced.

The above receipt may also be varied by the omission of the mushrooms, the force-meat, and egg-balls; and the addition of one quart of pease, all stewed together.

If the meat is cut up, the best mode is to fry it a light brown, in some butter, in a large stewpan or frying-pan; then make a *roux* of the butter in which you have so browned your veal, and proceed as before directed.

This dish is also very good with the addition of about a quarter of a pint of white haricot beans, first boiled tender, and then stewed up with your veal.

An Irish Stew.—Why so called we do not know, for the Irish assert that they never tasted the dish out of England.

The preparation of this dish is as follows:—Cut up any pieces of raw mutton—breast, neck, shoulder, leg, or loin—into small pieces; take sliced potatoes and sliced onions, and plenty of pepper and salt; put them into a stewpan, with enough water to cover them, and stew them over a very gentle fire till all is quite tender, and the potatoes perfectly done. Serve in a large dish.

Stewed Fresh Ox Tongue.—Soak the tongue in cold water for twelve hours; wash it and trim it well; put it into the *pot-au-feu*, and let it simmer till tender. Then take a stewpan, and dissolve in it a quarter of a pound of butter; dust into it some fine dry flour, and make a brown *roux*; moisten this with the *bouillon*; add carrots, turnips, onions (cut in slices and fried a light brown), two dozen mushroom-buttons, one dessert-spoonful of sugar, pepper, and salt; cut a slice of the tongue lengthways, about an inch thick, and warm it gently in the sauce, and serve it hot, but do not let it boil. This may be varied with sauce *piquante* (see p. 105), or sauce *tartare* (p. 105). A tongue dressed in this way will make four or five very good dishes as *entrées*; or it may be served whole for a family dinner; but we much prefer a small portion served as we have here described. This dish is much esteemed in France, not as being of the highest French kitchen, but as prepared almost every day at all the *restaurants* and *cafés* in Paris.

German Stew.—Cut into squares three pounds of beef, and put it into a stewpan, with an ounce of butter and an onion cut in slices; brown them gently and regularly over a slow fire; add to them a quart of water, or stock, a little pepper and salt, and let them simmer gently for an hour and a-half or two hours, and skim it often; have some young cabbages boiled and well pressed from all water, and put them into your stewpan with the beef for an hour, and serve all quite hot; or you may put leaks and onions instead of cabbage or turnips, if either of the three last are preferred.

To Stew a Shin of Beef.—This part of the ox, which is by far the worst and cheapest part, may, by cooking and care, be rendered extremely good. The shin of beef possesses a large number of sinews which cannot be eaten; but they possess a great deal of nutritious jelly; therefore, if you wish to make a good and wholesome dish, you should cut the meat off the shin of beef; break up the bone into small pieces, and take out all the sinews; put the bones and sinews into a stewpan with some cold water, and set it on to the fire to boil; but, before it boils, put in a little salt to make the scum rise, which must be removed; then add some onions, carrots, parsley, a root of celery, a bunch of savoury herbs, a burnt onion, and a few turnips. Stew them all from three to four hours; then take out a portion of the liquor, and put it into a stewpan in which you have made a *roux*, and put your pieces of meat cut from the shin, with the vegetables before cut up into nice shapes, and stew the whole very gently for two hours and a-half more, or till the meat is perfectly tender; but

never allow the meat to boil. This will be found good and wholesome; and the stock which you have left from your first cooking will do either for soup or gravies. We have frequently given this at our own table, to the admiration of all who have partaken of it; and we particularly recommend it to the poor, as a good, wholesome, and cheap dinner.

Stewed Breast of Mutton.—Before we begin our receipt for this dish, we have a little anecdote to relate. A friend of ours, who professed to be able to eat anything, and not to care what it was, but who, nevertheless, likes all the best things, was once on a visit at our house in the country. He came a day before he was expected. We expressed our regret that he had taken us by surprise, and our sorrow at not knowing of his arrival before, or we would have prepared something that we knew he particularly liked. His reply was, that “he liked everything but one, and that he could not eat cooked in any way; it was of no consequence; it could not be disguised; eat it he could not.” “What is it?” was the observation which we naturally made. “A breast of mutton.” This was one of the things we had for dinner. What to do we did not know. The dinner was announced. We certainly should not have presented to him a thing we knew to have been his aversion; but it was the remove; the dinner consisted of soup, fish, four made dishes, the stewed breast of mutton, a veal and ham pie, a tart, and a pudding. We had no time to make any alteration. We sat down to dinner. The soup and the fish were eaten. We kept them both on the table as long as possible, lest our friend should be disgusted with the remove. The made dishes were offered in succession, and the pie was then proposed. No; he thought the dish before him was veal, of which he was particularly fond; he would take some of that. Our fright was at the greatest pitch. We were about to declare the whole truth; but a look from our wife settled the point: we helped him; he ate—once, twice, three times, and, if he should not shock us all, he would take a little more, as he had had a long journey, was particularly hungry, and had never tasted anything so good in his life.

To enter into an explanation at that time would have been only to make him uncomfortable, and to raise fancies that had no reality. Two days after he requested, if it would not disarrange our dinner, that we would repeat what he still persisted in calling the stewed veal; and again, without the long journey, he managed to praise and eat, and eat and praise our excellent stewed veal.

About nine years afterwards, we reminded our friend of his

dinner, when we heard him express the same opinion about a breast of mutton. His reply was "No; I remember the stewed veal. You do not mean to tell me that I was deceived, and had eaten of my abomination?" We assured him he had; upon which he declared he would never again have any such prejudices; and that all he then meant to say was, that anything well cooked was good, and that until he tasted the breast of mutton at our house he had never tasted one fit to eat.

It is nine years since we invented this dish, and we give the receipt as we then prepared it:—

First, take the breast of mutton, bone it and boil it; that is, simmer it in your *pot-au-feu*, or soup-pot, for half an hour very gently; take it out, and place it before the fire to brown in a Dutch oven, with a tin underneath to catch the fat that runs from it; turn it frequently, and brown it all over, top and bottom; then put a little of the fat that has so run from it in the process of browning or roasting into a stewpan, and add to it as much flour (dry) as it will absorb, so as to make a *roux*; moisten with boiling *bouillon* your *roux*; take some small onions (the hearts), about twelve, and as many mushrooms soaked in vinegar and water, two carrots cut into very thin slices, a little chopped parsley, and the juice of a lemon; put the breast of mutton into the sauce thus prepared, and set it by the side of the fire to stew gently till quite tender. Great care should be taken that if any fat from the mutton should rise to the top of the stew, it should be taken off; season with pepper and salt. Serve it hot, with the sauce poured over. This might be varied with sauce piquante, or tartare, or tomato.

Another way.—Merely simmer till quite tender in the soup-pot, rub over with egg and fine bread-crumbs, and broil; served with any of the above sauces it is very good, or with a *soubisse*, or the same of chestnuts put round it.

Stewed Breast of Veal.—This may be stuffed with veal stuffing, and stewed.

Brazing is only another mode of stewing which they have in France, and which, in ordinary kitchens, we have not great convenience for. The covers of the stewpans, &c., in France, are all made to enable you to braise with them; and even the earthenware pipkins (*terrines*) have covers to them, made with a groove round them, to enable you to put on red-hot charcoal. The coals used in England, as we said before, are not so favourable for cooking as the charcoal; because, put red-hot cinders of coals on your saucepan lids, and they

will get cold instantly; whereas, in the use of chareoal, they will continue a long time hot. It must, therefore, be understood, that without chareoal there can be no braze. The proecess is extremely easy. Having browned, as for stewing, what you wish to braze, and put in your stock, your stewing commenees—with a very gentle fire underneath, and the hot charcoale on the cover of your saucepan, to absorb the steam and brown the top. The gravy, by this mode of cooking, is very rich and highly-coloured, and, if you have the convenience, it is superior to the ordinary stewing. Most things brazed should also be glazed. Many dishes are very good this way. A rump of beef is better so arranged than stewed; but after the gravy or stock is added, chareoal should be placed and kept on the cover till it is done. A *fricandeau* must be so cooked.

Fricandeau of Veal.—This favourite dish in France is most excellent if well made. It is from a portion of the fillet of veal, which is cut open, laid flat, and then larded with fat bacon. Nothing is more simple than this operation. A larding needle, pointed at one end, and hollow at the other, and slit into four divisions, is procured at the ironmongers. In the large end is placed the bacon, cut into long strips; and as the needle enters the meat the four parts compress and hold the bacon tight till it is inserted in the meat, when they will naturally open and leave the bacon in the veal. This must be larded all over. Take a large stewpan; put into it $\frac{1}{2}$ lb. of butter. Prepare as follows:—six carrots, cut in slices and well washed, six turnips, six large onions (Portugal), two dozen mushrooms soaked in vinegar and water, two bay-leaves, a bouquet of parsley, one sprig of lemon thyme; add four cloves and one small blade of mace (both these may be omitted, if the flavour is not liked); then cut about four rashers of fat bacon, and place them over your vegetables; set them in your stewpan on a slow fire of chareoal, and stew them very gently in the butter for about ten minutes; then add about three-quarters of a pint of good rich stock, and set your *fricandeau* on the top. Do not disturb either the bacon or the vegetables. If your *fricandeau* is very large, the quantity of vegetables should be increased, so as to form a coating at the bottom of your stewpan, of from one to one-and-a-half inches; place a sheet of paper at the top of your *fricandeau*, and set on the cover; reduce your chareoal fire by placing chareoal cinders over it, and let it stew very gently. It will take two or three hours to cook. Place from time to time live chareoal on the lid of your stewpan; and about twenty minutes before it is done, take off the paper, and place more

fresh coals on the lid, to brown the top. If the top be not of a beautiful gold colour, glaze it with your dissolved glaze and paste-brush. Thus this meat obtains all the flavour of the vegetables, and is, in reality, cooked in the steam of them. It should be served either with the gravy in which it has been cooked, *a la jardinière*, *aux épinards*, *à l'oseille*, or *à la chicorie*, which, being interpreted, means, with the same vegetables as are described for *Julienne*, stewed in strong gravy or spinach, sorrel, or endive stewed like spinach.

CHAPTER XIV.

MADE DISHES.

THIS chapter will include roasting, boiling, stewing, brazing, broiling, frying, &c. In it we shall attempt to show how English cooks may rival those of other nations. It is the made dishes which show if the mistress of the establishment, as well as the cook, understands the true art of cooking. Painters talk of the Chiaro-oscuro, and the accessories of the picture. Presume, then, the dinner table to be the picture, the made dishes are the accessories and the Chiaro-oscuro. These make up the picture. Thousands of people can enjoy a beautiful view; few can make a picture from it. The same thing may be said of a dinner. Everybody knows that an hour in the day is appointed for this meal; but how few know how to order it! and when ordered, how few know how to cook what is ordered! Nothing should clash; nothing should be ordered that is not in itself perfect. This is the true department of the mistress of the house. How seldom can she fulfil her duty! What have we not seen put down for four corner dishes! What have we not seen put down for a second course! Every imaginable thing that could be suggested, but the right; and when the field to gather from is considered, it is astonishing to think what miserable failures are frequently made. Dinner givers should select carefully from the made dishes, for many people dine from them; and it is in this selection, and the excellence of their cooking, that people are judged, and their dinners appreciated. We have before us some receipts for dinners given by Brillat Savarin, which he calls exquisite and simple! (we translate them for the edification of our readers) for the year. He begins with the month of

JANUARY.—For six people.—Soup *Julienne*, made from *consommé*

of veal; a turbot boiled with anchovy sauce; beef-steaks, glazed, and mashed potatoes; a chicken, with rich sauce consommé; quails bardes; grilled mushrooms, demi-glaze; lemon jelly; and for an extra, cabbages à la D'Artois.

FEBRUARY.—For six or nine persons.—Potage au celery; a piece of beef according to the Dutch fashion; fillets of carp in papers, à la D'Uxelle; partridges à la Périgord; a capon, with water-cresses; eggs à la Dauphine; preserved strawberry jelly; les darioles à l'orange.

MARCH.—Semoline soup, in consommé; a small turbot broiled, with maître d'hôtel sauce; fillets of beef, with Madeira wine; fried fowl à la Viennoise; grives (thrush) bardes; artichokes, Lyonnaise fashion; cream plombière à l'abricot; for an extra dish, a souffles of coffee.

APRIL.—SOUP.—All sorts of vegetables, in *consommée à la jardinière*; a leg of mutton, brazed for seven hours, with lettuces; fried fresh cod; les quenelles of game, supreme; les vanneaux bardes; artichokes, Lyons fashion; jelly of four fruits, in a mould; for an extra dish, biscuit à la crème.

MAY and JUNE.—Lettuce soup, with consommé; fillet of veal, à la Provençale; a vol au vent, à l'Espagnole; a fowl à la chevry; pigeons de voliere; mushrooms, Italian fashion; a Charlotte Parisien; for an extra dish, ramakins.

AUGUST.—Le potage à la Clermont (not in Surrey); a piece of beef, garnished as in Russia; a breast of veal à la Lyonnaise; a fowl à la crème; ducklings; spinach in the English mode; peach jelly, in a mould; for an extra dish, *chese foudus*.

NOVEMBER.—Barley soup, Orleans fashion; a quarter of fresh pork; English ditto; fricaséed fowls, *good woman mode*; the bread of carpe, royal mode; Rouen ducklings; turnips as at Chartres; lemon jelly; biscuits à la crème; semoline soup in consommé; piece of beef, Marsehale fashion; fowls, Italian fashion; fried whiting, dressed as in England; spinach au Velouté; Madeira wine jelly; les manons d'abricots.—*For ten or twelve persons.* Potage of Brussels sprouts; rice à la D'Orleans; carpe à la etuvé; fried soles, English fashion; breast of veal stuffed and roasted; a quarter of wild boar, marine, poivrade sauce; ox palates à la Dauphine; fowls à la reine, with Madeira wine; le foies gras à la St. Cloud, sauce Perigueux; wild ducks, sauté, à la Bordelaise; wild rabbit bardes, roasted; a capon with water-cresses; meringues à la vanille; truffles à la serviette; potatoes, maître d'hôtel sauce; mushroom toasts; sherry jelly; apricot marmalade made into pancakes.

DECEMBER.—Sago soup, in a purée of lentils; lettuce ditto; consommé of fowls; a matelote of fish, with claret wine; cod-fish, English mode; fillet of beef, Italian fashion; partridges, and cabbage, and roots glazed; la timbale de nouilles à la reine, garnished; fillets of rabbit glazed; stewed endive; *l'épigramme* of lamb; cucumber sauce; fowl à la Marengo; pheasants and ortolans; fowls à la reine; peas with cream and rice; cake à la royale; mushrooms in the provincial fashion; poached eggs and stewed sorrel; jelly and mint cream; cream blanc-manger.

We have given these bills of fare of the celebrated Brillat Savarin as some little idea of our principle, that nothing should clash. All that we wish, in conclusion, to impress on our readers is, that made dishes must be well made, and served hot; and the more delicate they are the more they please.

To make a Hash.—If it be of any cold meat, cut it from the bone in nice slices, and lay it on one side till wanted, and break up the bones. Put into a stewpan a sliced onion, a carrot, and a turnip, with about an ounce of butter. Brown these over a very gentle fire, and then add the bones, with about a pint of water and a little pepper and salt; boil these until reduced about one-third; strain, and make a brown *roux*; add the gravy, quite hot, by degrees, and give it a boil, so that the rawness of the flour may be completely expelled. If not sufficiently rich, put in about half a tea-spoonful of brown sugar, and if the colour be not good, brown it with a little ordinary browning; then lay the slices of cold meat in the stewpan by the side of the fire. Let the meat get thoroughly hot, but do not allow it to boil. Serve, with the slices of the meat placed in the centre and round the edges of the dish.

The flavour of hashes may be varied by the addition of spices and sauces of different kinds. If previously cooked and only warmed, it will be found both tender and delicate, while if it be boiled it will be hard and indigestible. A hash may be made of any cold meat.

Ox Palates require soaking and washing, plenty of time being allowed for the blood to run out. They are then to be placed in water and boiled until the skin can with ease be scraped off. Remove all the black parts. Some persons like them made into a curry; others prefer them stewed in white sauce with mushrooms; while, for various tastes, they are stewed in brown sauce, with Madeira wine, with the *Maitre d'Hôtel* sauce, with *soubissé* of onions, and with Parmesan cheese, cut into strips like macaroni (see tripe and cheese for this receipt). In whatever way they are cooked, however, they

require high seasoning, and rich gravies or sauces, or they are tasteless and insipid.

Tripe has many admirers; while there are many, also, who would not taste it under any circumstances. We have known the prejudice against this dish so strong as to produce nausea upon its being mentioned. Tripe is very good with cheese, when it is known as tripe and cheese, or

Tripe à l'Italienne.—Take of single tripe a sufficient quantity, wash it well and boil it in milk till quite tender. Cut it in thin strips like ribbon macaroni. Take a stewpan, and dissolve in it three ounces of good butter, in which stew gently an onion, cut very small; mince up exceedingly fine from two to three table-spoonfuls of parsley, throw them into the stewpan; add the tripe, cut as before directed. Dust in a quarter of a pound of Parmesan cheese, nicely grated, until the butter is of sufficient thickness to form a rich sauce. If a larger quantity of sauce be required, a few spoonfuls of the milk and water in which you have boiled the tripe, or two or three spoonfuls of strong gravy may be added. Serve very hot.

Tripe fried in Batter.—Cold tripe, which has been boiled in milk, is cut into small nicely-shaped slices, dipped in batter, and fried a beautiful gold colour in good fresh butter; serve it nicely laid round a small dish, with *sauce à l'Hollandaise* in the middle.

Another way.—Take sufficient fat double tripe, well cleaned, and soak it for an hour. Cut it into small pieces, put it into a clean stewpan, with six or eight small Portugal onions, with milk and water. Stew the whole with milk and water very gently till tender, and season with pepper and salt. Then rub well together a good lump of butter and some flour, to thicken the gravy; and serve as a side dish, with plenty of good mustard.

Ox Tails.—Take two tails, wash them well, divide them at the joints, and soak them a short time in water. Boil them in cold water, as before directed for making soup (*vide pot-au-feu*), add two onions, one carrot, a turnip, a few of the outside leaves of a root of celery, well washed, and a burnt onion for colouring. The vegetables should not be put in until the water boils, when the fire should be reduced by putting einders over it (we speak of a stove). Then stew or simmer them very gently till the meat is quite tender, and will easily leave the bone. Dissolve in another stewpan $\frac{1}{4}$ lb. of butter, and put in an onion cut in slices; or, what would be better, a dozen young onions, and a carrot cut into slices. Stew these gently in the butter till tender; then dust in some fine dry flour, and stir it well

together to make a *roux*. Moisten with the liquor in which the tails have been boiled; season with pepper and salt and one lump of sugar; arrange the largest joints of the ox tail in a dish, pour over the sauce and vegetables, and serve hot.

Beef à-la-mode.—The part of the beef usually taken for this dish is the silver side of the round, which should be entirely free from bone. Lard it with about a dozen or fifteen large lardrons of fat bacon; put it into a stewpan, with about a quarter of a lb. of butter, and place it over a gentle stove, and brown slightly. Then have a calf's foot divided into four or six pieces, and lay it in the stewpan; add four or five onions, and three carrots cut in slices, with two bay-leaves, four cloves, salt and pepper, half-a-pound of bacon cut into square pieces, and about a pint of boiling water. Without the water boils it will not amalgamate with the butter. Cover down the lid of the stewpan quite close, and let the whole simmer very gently for five hours. About twenty minutes before it is served, add two wine glasses of pale brandy; take out the beef; thicken the sauce, and then pour in the bacon fat and vegetables over the beef. This is good either hot or cold, and if well made is a very presentable dish. In France, this dish is generally made in an earthen pan, like the *pot-au-feu*; but it can be made in an iron stewpan, although the former is preferable.

Fillet of Beef.—This, in France, is what, in England, we call the under side of the sirloin of beef. It is what the French consider the true beef-steak, and is sold, generally, at double the price of the whole sirloin. There are several modes of cooking it. Sometimes it is broiled like a rump-steak, by being kept continually turned till done, never allowing one side to face the fire for more than two or three seconds at a time. Then mix together butter and chopped parsley, with a little pepper and salt, and put it on, with a good squeeze of lemon, the instant the fillet is taken from the fire; or it is excellent if served with anchovy butter. It is also cooked in its own gravy, with champagne; and sometimes with tomato or piquant sauce. All these modes are good. The French occasionally fry, or, as they call it, *sauté*, beef fillets. Another good way is to pepper and salt them, dip them in fresh butter, and then fry them. Of course, it is to be understood that they are to be cut in slices like beef-steaks, either by the butcher or the cook, and well flattened by being lightly beaten with the flat side of a chopper. With olives also, fillets of beef are very good.

Beef and Egg Croquettes.—We give this name to a dish we never saw anywhere but at our own table. It is prepared as follows:—

Take a pound or a pound and a-half of cold beef and mince it very fine; then put it into a mortar, with a very small Portugal onion, about a tablespoonful of parsley chopped fine, and an ounce of good butter, with salt and pepper, and work all well together. Boil six fresh eggs for twelve minutes, dip them in cold water, and take off the shells and skins; take out the meat from the mortar, moisten it with the well-beaten white of an egg, and cover the eggs, with the meat so prepared, about half-an-inch thick. Roll them in flour, or fine bread-crumbs; fry them in boiling oil; drain them well; make a gravy from the bones of the cold meat; then stew it, and add any flavour you like, by means of any sauce that suits your fancy. Cut the croquettes longways with a sharp knife, place them in the dish, and put the thick sauce in the middle. This dish is very pleasing to the eye, and agreeable to the palate, and may be made of any cold meat, game, or poultry.

Beef Kidneys.—Take a nice fresh beef kidney, and cut it in half; take out the white piece which runs down the middle, and then cut the kidney in thin slices. Put into a frying-pan about two ounces of butter and the slices of kidney, and fry them till they are brown; then dust in about half a teaspoonful of flour, and keep stirring till it has become pretty thick; add pepper and salt, and about two table-spoonfuls of chopped parsley, and moisten the kidney with a little boiling soup or water, and a glass of port wine; simmer till the kidney is quite done, and serve very hot.

Foie de Veau, or Calf's Liver.—There are several modes of dressing this most excellent dish; but the method we most approve is that adopted at Lyons. The liver is placed in vinegar and water for half an hour; it is then cut in slices as thin as possible, and rolled in flour, fried very crisp, and served with fried onions over them, without any other sauce.

Another mode is to dress it precisely as described for beef kidneys, only in place of the parsley add one dozen mushroom buttons, first soaked in vinegar and water, and cut up into small bits. It is also very good *sauté*, and served with tomato sauce. It makes an excellent *paté*, boiled and beaten down in a mortar with its own weight of butter, and plenty of spices, and put into an earthen pot into the oven for half an hour, with the top covered with clarified butter. It will keep a long time good, and the addition of truffles improves it very much.

A Veal and Ham Pie.—Take about one pound of cold veal; chop and pound it; add pepper and salt, a little parsley minced, and a few

of the green parts of some young onions chopped up very fine. Mix all in a mortar, and then set it aside till wanted; take about one pound of cooked ham, fat and lean, which also chop and pound in a mortar, and put aside. Take one pound of cold boiled liver, which also chop and pound in a mortar, and one pound of sausage-meat. Prepare a pie-dish by putting a crust all round to the bottom; then place in the dish a thin layer of sausage-meat, with slices of truffles stuck here and there; put another layer of the pounded ham, then the truffles again, then the veal, and more truffles, then the liver; and proceed in this way till the dish is full. Cover the whole with a light flaky crust, and send it to the baker's. As soon as the crust is done, the dish is cooked. A small tea-cup of good gravy will improve the flavour of the pie. This pie will be found good either hot or cold, or it may be put into a raised crust, and served cold. It is certainly a great improvement on the ordinary veal and ham pie. The truffles give it a most excellent flavour; and made in this manner, it is as fine as a *Strasbourg paté*.

Sweetbread.—Take a large throat sweetbread, and lard it with extremely fine bacon, after it has been prepared by putting it in some warm water, and boiling it for about fifteen or twenty minutes. Then take about a dozen blanched almonds, and stick them over the top of the sweetbread; egg over the sweetbread with a paste-brush, so as not to touch either the lardoons or the blanched almonds; put it into a Dutch oven to roast very gently, so as to make it of a light gold colour. Then have ready some strong *consommé*, which reduce to a demi-glaze by quick boiling; add thereto a little sugar, and season with pepper and salt; put in a few mushroom-buttons, soaked in vinegar and water; set the sweetbread in the stewpan, and let it simmer for ten minutes or a quarter of an hour, with red-hot charcoal on the lid of the stewpan, and serve it hot.

Or it may be stewed in white sauce, in which a slice of onion has been infused and taken out, with two dozen button-mushrooms, after, or without, being larded; or you may roast it plainly, and serve in a good rich gravy; in fact, there is only one way in which it is not good, and that is boiled.

Mutton Cutlets à la Soubisse.—Make the *soubisse* as before described (page 104). Prepare your cutlets from the neck of mutton, trimming off the fat and the end of the bone; put them into your soup-pot, or *pot-au-feu*, and simmer them very gently till done; take them out, rub over sweet oil or egg, and fine bread-crumbs; place them on your gridiron, and broil them—turning them very frequently,

and taking care that they are not burnt. Or they may be fried in oil (see Frying). Put the *soubisse* into the dish; have ready a prettily curled frill of nice white paper for each outlet; lay them tastefully round your dish, and serve them hot.

Escalope de Veau.—Sauce Tomato.—This dish, which we think perfect, is to be prepared as follows:—Take any portion of the fleshy part of veal; cut the escalopes into pear shapes, and very thin; egg them over, and cover them with bread-crumbs; fry them in oil; have ready your *sauce tomate*; put it in a dish, and lay your escalopes tastefully round your dish, and serve hot. These may be served with stewed spinach (page 107), stewed sorrel (page 107), or stewed endive (page 108); either way they are both elegant and good.

Veal Cutlets with fine herbs.—These are usually served in France in papers, but is not the best of French dishes. The cutlets, or, as we should say in England, chops, are cut from the neck. The common mode of cooking is to chop up onions and parsley, and put it over either side of the outlet, with pepper and salt; envelop in a buttered paper, broil them from twenty to twenty-five minutes, and serve very hot. We have often thought a thin slice of ham, put on either side, would be an improvement.

Blanquette de Veau.—This is a dish which may be easily made from every part of either hot or cold veal; and if well arranged it is pleasing both to the sight and taste. The best mode is to cut sufficient veal in slices, which, if raw, should be cooked as follows:—Put into a stewpan some water, and an equal quantity of milk, an onion, some pepper and salt, and a *bouquet* of parsley. Bring them to boil; then withdraw it from the fire, and lay in your veal; simmer it very gently till done; then take another saucepan, and make a white *roux* in it; moisten this *roux* with some of the gravy in which the veal was stewed till it is of a sufficient consistence; add from two to three dozen mushrooms, previously soaked in vinegar and water; lay in the veal, and let it again simmer very gently. If the sauce is not thick enough, it must be made so with the yolks of a couple of well-beaten eggs. Some persons serve the onion in the dish; but before it is served, squeeze into it the juice of a small lemon. As regards the seasoning, nothing should predominate, and all the flavours should so blend as to make a perfect “*ensemble* :” without this, the cooking is not good.

Rognons de Veau.—There are several ways of cooking veal kidneys: one is to cut them into slices, and cook in precisely the same way as beef kidneys (page 150); another mode is to cook them

in a white sauce, with mushrooms, like the preceding *Blanquette de Veau*; but the way which we think them best is in an omelet, when they will be found most excellent.

Calf's Head.—The various ways in which calf's head can be dressed are all good but the English—that of simply boiling. This is the worst, although it must be so done for all the other modes. In France this dish *en tortue*—that is, like turtle—is excellent. It is prepared as follows:—Take the bone out of the head; boil it; make a rich gravy, consisting of a well-thickened *consommé*; add two dozen olives, cut round, so as to extract the stone; two or three dozen mushrooms, soaked in vinegar and water; two or three gherkins, cut in slices, and a little vinegar; lay in the boned head two dozen *godiveaux*, one dozen cocks'-combs, and two eggs, poached hard; four or six pieces of bread, cut into pear shapes, and fried very crisp; put one glass of Madeira in the sauce, and serve very hot, well arranged in the dish. In France they add three or four crayfish, boiled and placed on the top of the dish. The common hashed calf's head of this country, if well done, is by no means a bad dish. Proceed as follows:—Take a cold calf's head, and cut it in nice square bits, about two inches square. Put into a stewpan about one pint of good rich gravy, and make it hot; thicken it with a *roux*; add a glass of sherry, a little pepper and salt, to season it to taste; make forcemeat and egg balls, as described for mock-turtle-soup. Warm the head up by the side of the fire; ten minutes before serving, slip in the forcemeat and egg balls, which should have been previously fried a light gold colour. In France they eat the calf's head boiled, and served with sauce *à la maître d'hôtel*, and cold, with pepper and salt, oil and vinegar.

Macaroni.—This dish is of Italian origin, and ought to be more used in this country, as it is very easy of digestion. The true Italian way to eat and enjoy this dish is as follows:—Fill a large sauce or stewpan with water; put in a little salt, not too much, and let it boil. As soon as it boils, break the macaroni into the boiling water, and let it boil for from twenty minutes to three quarters of an hour. When perfectly tender it is done; if allowed to boil too long it becomes disagreeable. "*Au point*," as the French say, is the thing always to be aimed at, and, with attention, obtained. Then pour it into a sieve or colander, and drain it well from the water in which it has been boiled; have ready in a dish about four or six ounces of good butter, cut up into little bits, with pepper and salt to taste; and for half a pound of macaroni grate a quarter of a pound

of Parmesan cheese; mix the macaroni and the butter together in the dish, dust the cheese over it, and send it to table very hot.

The English and French modes of cooking this, with a mixture of Parmesan and Dutch, or Cheshire or Gruyère cheeses, is decidedly bad, and ought to be avoided. In both countries macaroni is used as a second-course dish, and is cooked in milk, and then moistened with a little cream, the cheese dusted over it, and the salamander passed over two or three times, or put into a quick oven, and served brown. The Italians have a way of cooking it as above, then putting it into a mould, with mushrooms and liver, cut into small pieces, and boiling it and turning it out; but this is merely for a variation, in order to destroy the sameness.

Macaroni Pudding.—Boil the macaroni first in water and then in milk to make it white; butter a mould well; and when the macaroni is tender, wind it inside the mould; have ready a savoury forcemeat, which put all round next the macaroni, and then the *fricassée*. Set the mould in a stewpan until it is done; turn it out, and pour a good white sauce over it. The *fricassée* to be made of sweetbreads, cold ehicken, forcemeat balls, and hard-boiled yolks of eggs. Also, stewed mushrooms may be added if liked.

Ravioles is one of the best dishes of the Italian *cuisine*; and, although easily made, is seldom seen in England, and little known in France. Macaroni paste, which is nothing more than flour moistened with eggs, is rolled out as thin as a wafer and dried in the sun; or, in England, it can be dried in a cool oven in a very few minutes, or on a cool hot plate. It is cut into pieces about an inch square, moistened with a little white of egg, filled with a little chopped brains and parsley, pepper and salt; and made up into little squares—the white of egg making the macaroni paste stick together. After this is prepared, place the ravioles in a strong gravy to stew till quite tender, and dust in some grated Parmesan cheese for thickening your gravy. This is a most excellent dish.

Brains.—The brains of all animals are much esteemed abroad, and make most excellent dishes; but, in this country, those of calves only are eaten; and even these are only served with a calf's head. Now all brains are good eating. Those of the ox require much soaking; they should then be boiled, cut into small pieces, and fried in batter, or served *à la maître d'hôtel*. They are also nice if mixed with fine herbs, and served with mushrooms, or put into crust and served as *patés*. In fact, they form a valuable addition to the *cuisine*, and they are highly nutritious. We have often been surprised

that these articles of food should not be used with us as they are on the continent. The following is a dish which we have never seen in England, but which forms a most excellent *plat*.

Pied de Mouton, à la Poulette; or, Sheep's Feet.—This is a common and much esteemed dish in France. The feet are well cleaned, but can be bought ready cleaned at the tripe shop. Stew them very gently in some veal stock till they are perfectly tender, or in a little water; but do not let them boil. Then make a white sauce: add to it a dozen button-mushrooms soaked in vinegar and water, and the juice of a lemon. Warm the sheep's feet in this sauce, and send them hot to table. This forms a very pretty and good dish. The feet of oxen or calves which have been used for making jelly are also good. If the bones are carefully taken out, and the meat put into cold water to blanch, they can be served in the same way; or they may be sent to table with *maitre d'hôtel* sauce; or with a little of the liquor in which they have been boiled, with an onion cut up and stewed in a little butter till tender, and thickened with some Parmesan cheese, and moistened with the gravy or liquor.

Veal Rolls.—Take slices of veal and ham—the veal in rather the larger proportion; chop them very fine; season with pepper, salt, and mace; moisten with cream; mix well together, and enclose the meat in puff paste; glaze them or not as may be approved.

An excellent Italian Dish.—Take either beef, mutton, veal, fish, or fowl, devoid of all skin or sinews; mince it small; add parsley, thyme, and herbs according to taste; a little onion and spice is also requisite: mix them with eggs, in about the proportion of one egg to each ball. Tomato is a good addition. Make a good stew of stock and wine to taste, then put the balls of meat into it, and stew it over a slow fire to prevent them breaking.

Rice and Cheese.—Take half-a-pound of Patna rice, and boil it until quite dry; pour it into a sieve or colander and drain from it all the water; put three ounces of butter, cut into small pieces, in a dish; pepper and salt to your taste; mix it well; and mix with it a quarter of a pound of Parmesan cheese. This is most excellent, and should be served like macaroni, if there be no fish, as the first dish.

Rice and Cabbage.—This is another of those Italian dishes usually served in the room of fish. It ought, perhaps, to come in another part of our book, under the head of "Vegetables," but we here insert it as a made dish. It is much admired, and easily made; but requires care. Take a white-heart cabbage, boil it and let it get cold, but

carefully strain all water from it. Take a quarter of a pound of rice and boil it quite dry, strain it well, and let that also get cold. Chop the cabbage small, and set it aside till wanted. Take a quarter of a pound of butter and dissolve it in a stewpan, chop up fine a large Portugal onion and a handful of parsley, stew the onion in butter, but so as to keep it crisp without letting it take any colour; then add, by degrees, the chopped cabbage, the boiled rice, and the chopped parsley, keeping it stirred in the stewpan till all is well hot; then dust into it a quarter of a pound of grated Parmesan cheese. This should be served very hot as a substitute for fish; and will be found excellent.

Cold Veal Salad is another Italian dish, which has both an agreeable appearance and good taste. Cut some slices of veal thin, and lay them tastefully on a dish; with layers of anchovies, boned, washed, and scaled; a little pepper, salt, oil, and vinegar. It may be garnished with a few hard eggs cut in quarters, and placed round the dish.

Beef Steaks and Mushrooms, with Madeira Wine.—Put your beef steak (that should not be longer than your stewpan, which for this dish should be an oval one,) into the stewpan, with a good lump of butter, over a gentle charcoal stove, and turn it very frequently till it is well browned on both sides; when this is accomplished, dust in some fine flour, about a table-spoonful—not more, which must be moistened with *bouillon*, *consommé*, or water. Set it by the side of the fire, and let it stew very gently till it is quite tender. Then cut up some hearts only of very young onions, and put in about two dozen button-mushrooms, soaked in vinegar and water, and one glass of Madeira wine, and a bouquet of parsley. Let these stew gently until the onions and mushrooms are done; then take out the bouquet, and serve with the sauce over.

Veal à la Bourgeois.—Take any part of the veal that is not too fat, put it into a stewpan with a little butter till it is well browned. Then dust in some fine flour to make a *roux*, which should be moistened with water or *bouillon*, and set on the side of the fire to stew. Have ready half a bunch of very young carrots, well washed and scraped; put them into the stewpan, and let all stew till the meat and vegetables are quite tender. A teaspoonful of brown sugar will improve this dish. Serve hot; with the meat in the centre, carrots round, and the sauce over.

Turkey Giblets with Turnips.—Wash and clean the giblets; put them into a saucepan with an onion and a little pepper and salt;

simmer them till tender; take them out and cut them into convenient pieces, and lay them into a stewpan with about a quarter of a pound of butter, some turnips cut into slices, and placed in the bottom after the giblets have obtained sufficient colour. Then take out the turnips, add as much flour as the butter will absorb, and moisten with *bouillon* and port wine. Place the giblets and vegetables back in the stewpan, and stew for one hour, or till the whole is quite tender; and serve together.

Ragout de Mutton—French manner.—Cut a breast of mutton into slices, and put them into a fryingpan without any butter, as the fat from the mutton will be quite sufficient. Brown them well over a slow fire, but take care not to make them hard. When they are done, put them into a stewpan. Cut some onions and brown them in the mutton fat in the fryingpan; and put them also, as they are done, into the stewpan. Cut some well-washed carrots in slices, and brown them in the same way as the onions; and when done put them into the stewpan with some kidney potatoes. Then, if you have much fat left in the fryingpan, pour away about half of it, and dust in as much dry flour as the remainder will absorb, and make a brown *roux*, which moisten with a little *bouillon* or water; add the same to the ragout; set it by the side of the fire till quite tender. Some persons put about a dozen new kidney potatoes into this ragout and a bouquet of parsley. When ready, it should be tastefully arranged in the dish and served very hot. This is a very good family dish.

Breast of Veal is excellent if cooked in precisely the same way as the last receipt, with the exception of first putting a lump of butter in your fryingpan to prevent the veal from burning.

Breast of Veal Stuffed and Braised.—Take out all the bones and stuff the breast with forcemeat; put it into a stewpan with a lump of butter, and brown it; then dust in some flour to make a *roux*; moisten with good veal *consommé*; reduce the fire; cover down the stewpan close, put hot charcoal on the cover, and stew gently till perfectly tender. Add a teaspoonful of sugar, with pepper and salt, to the gravy; and, if too thick, thin with a little more gravy and water. You may glaze the top of this if you choose; or it may be varied by the addition of young carrots or mushrooms; or it may be served with *sauce tartare*, stewed spinach, endive, or sorrel.

Scotch Collops.—Cut up in mincemeat one pound or one pound and a-half of any part of beef; put it into a brown jar, with an onion minced, and a small piece of butter; tie it up, and put the jar into a saucepan of boiling water; let it stand an hour or an hour and a-half

in the boiling water; take it out, season with cayenne pepper, salt, and a spoonful of vinegar, and serve very hot.

Canelon de Bœuf.—Chop up some beef and fat bacon; season with an onion, chopped very fine, and some parsley, with pepper and salt. Roll it into a ball; cover it with buttered paper; envelop it in a flour-and-water crust, and bake it in a moderate oven for two hours; take it out of the crust, and serve with a good brown gravy over it.

This may also be made of veal, with mushrooms, lamb, mutton, or pork, and seasoned according to taste.

Veal Collops.—*English Receipt.*—Take two pounds of veal cutlets; cut them into nice shapes; beat them flat with a rolling-pin, or the side of a chopper; put the meat into an oval stewpan, with a good slice of butter, about a quarter of a pound. Brown them well in the stewpan, then dust in as much flour as the butter will absorb; add lemon rind and a little juice, and, for those who like the flavour, a blade of mace; add two cups of gravy to the collops, and set it by the side of the fire to simmer till perfectly tender. Season with pepper, salt, and a tea-spoonful of brown sugar; garnish the dish with hard eggs, cut into quarters or slices, and serve very hot. We can recommend this dish as particularly good and simple.

Ox Feet, Cow Heels, or Calves' Feet.—We believe that a strong prejudice exists against ox feet and cow-heels, although not against calves' feet; but we are unable to state any reason for the distinction. They are all, however, cooked in the same manner. Having obtained the cow-heels, well cleaned, from the tripe shop, put them into hot water, and let them soak till the water is cold. Then put them into cold water, and bring them to boil; throw away this water; put them into more cold water, and boil them up a second time; then withdraw them to the side of the fire, and simmer them till the meat is perfectly tender and the bones can be easily removed. Strain off the water in which they have been so boiled (with which you can make an excellent jelly); cut the meat so taken from the bones into long pieces; put into a stewpan about an ounce of butter, two Portugal onions sliced into it, and a table-spoonful of chopped parsley. Then dust in as much flour as the butter will absorb, and moisten it with some of the gravy the feet have been boiled in; season with pepper and salt. Set the feet in this prepared gravy, and let them simmer till wanted. Just before serving them, add grated Parmesan cheese, if liked. This dish, with a salad, will be found excellent, even without the Parmesan cheese, highly nutri-

tious, and light of digestion. When you are boiling calves' feet for jelly, serve the meat as above described, and it will make an excellent dish.

Minced Veal is peculiarly an English dish. Take a clean stew-pan, and put into it about two ounces of butter; make a *white roux* with as much flour as it will absorb; moisten with a little milk; season with pepper and salt to taste, and, if the flavour be much admired, add one blade of mace; if not, chop up very small the rind of half a small lemon, which may be infused for an hour in the milk before used for moistening the *roux*. Give it a boil up, withdraw it to the side of the fire, and warm your chopped veal in this prepared sauce; add two dozen button-mushrooms, cut in pieces and soaked in vinegar and water; cut some stale bread into pear-shaped pieces, fry them a beautiful gold colour, and lay them on your veal when served. Two or three table-spoonfuls of good cream just stirred into your mince before serving is a great improvement. Minced veal should be light and rich; thick, and not watery. Mutton or lamb may be cooked the same way; only gravy is used instead of butter. Minced veal may also have the addition of oysters if liked, and we have seen it served with poached eggs—which, with minced mutton, is a great improvement.

Rognons de Mutton à la Brochette.—Cut open the kidneys, and place them on a small silver skewer; broil them nicely, turning them very frequently till done; put them into the dish, still on the skewer, and place in each half a piece of butter, well amalgamated with chopped parsley, pepper, and salt. Serve them very hot.

The same, Sauté au Vin de Champagne.—Put into a *sauté*-pan a slice of good butter; cut the kidneys into slices, and lay them in the pan, over a very slow fire, and keep them stewed till nearly done. Dust in as much flour as the butter will absorb: let it take a good light brown colour, and moisten with about two table-spoonfuls of strong gravy, and a glass of champagne or Madeira. Some persons add chopped parsley to this dish, but this according to taste.

Pork Cutlets should be cut thin from the loin only, with a portion of the kidney in each; they should then be broiled over a clear fire, and turned frequently. When done, lay them round a dish, with sauce Robert placed in the centre. Or they may have a *soubisse* of onions or chestnuts, or be served simply; but the great point in cooking pork cutlets is to turn them continually while boiling, and take care they are perfectly done. With the gravy in they are not eatable. These cutlets are very good also served with slices of

onions, cut very thin, fried in oil, and well drained; or they may be cooked by being covered with eggs and bread-crumbs, fried in oil, and served on mashed potatoes.

Mutton Cutlets, in paper.—Chop up parsley and sweet herbs very fine; take the cutlets, cut not very thick; egg them over, and sprinkle the minced herbs and bread-crumbs with pepper and salt, over both sides. Then lay a thin slice of ham or bacon on either side of each; envelop it in buttered paper, and broil. Serve very hot in the paper.

Gigot de Mouton de sept heures; or, Leg of Mutton cooked for seven hours.—Having taken out the bone, lard and tie the meat; place at the bottom of the brazing-pot slices of bacon; put in the mutton, and cover it with slices of bacon; put in small carrots and onions, a bouquet of thyme and bay-leaves, the bone of the leg, and the trimmings of the meat; moisten with two tumblers of *bouillon*, and one of white wine; place the brazing-pot on a very slow fire, and put embers of charcoal on the cover. When done, serve with the vegetables round it; boil the gravy quickly, first strained, till it is sufficiently thick, and then pour it over the leg of mutton; or you may serve with a *purée* of endive, lettuces, haricots, or onions.

Riz de Veau à la Provençale.—Put the veal into a stewpan, with a little oil, pepper, and salt, and cook over a very slow fire, taking care to turn it often, so that it may be well coloured all over. When it is sufficiently done, serve it with sauce Italian, to which you add the sauce in your stewpan.

Godiveau à l'Espagnole.—Take from the fillet of veal all the sinews, tendons, and fat; add to it double the quantity of beef suet, also cleared from all skin, &c., and as dry as possible. Chop and mix the whole well; add two yolks of eggs; pound in a marble mortar with another yolk of egg and some water; season according to taste, and add chopped parsley, and boil them in *bouillon*, as follows: Make them into balls the shape you want them, and put them for ten minutes into boiling soup, or water in which butter has been dissolved. Serve with *sauce Espagnole*.

L'Epigramme d'Agneau.—From a fore-quarter of lamb take off the shoulder, and roast it; separate the six cutlets, and cook the breast in a brazing-pot; when it is done, cut it in six pieces; rub them with crumbs of bread, and broil them; dress the cutlets in a *sauté-pan*. They are served with pear-shaped pieces of fried bread between each piece of lamb; in the middle is poured sauce *tourné* or *velouté*, in which the flesh of the roast shoulder has been chopped up, and some mushrooms.

CHAPTER XV.

POULTRY.

No dinner can be said to be perfect without poultry ; and the mode in which the poultry is prepared in France throws entirely into the shade the English fashion of simple roast and boil, or pulled or hashed. The French, however, have many ways of dressing poultry, and the best of these we shall lay before the reader, premising that if fowls be young it is the cook's fault if they be not tender.

Roast Ducks—English Method.—Put some butter, sage, and onion into the inside, and roast it before a rather quick fire. Serve with green pease.

The same—French Method.—Roast, with a little butter, pepper, and salt in the inside, and baste them with the juice of a lemon, and serve very hot, with their own gravy.

Duck and Sour Crout.—Cook apart the necessary quantity of sour crout for one or two ducks as follows :—Wash it several times, put it on the fire with a little smoked bacon, cut into slices, one or two saveloys, and some sausages. After having cooked it, moisten with *bouillon* ; then place the ducks in the middle, and cook ; when done, strain it off, and arrange the ducks in the dish, with the sour crout round, and the sausages cut in pieces.

Duck aux Choux.—Proceed in precisely the same way as above, but use cabbage instead of sour crout.

Stewed Ducks with Turnips ; Canard aux navets.—Put the ducks into a stewpan, with a good piece of butter, and brown them ; have some turnips, cut into shapes like pillars ; put them into the stewpan, and turn them, but mind not to break them. When the ducks and turnips are brown, add and stir quickly with the butter some flour ; moisten with *bouillon* or *consommé*, and stew gently by the side of the fire till all is tender ; season with pepper and salt, and a tea-spoonful of brown sugar, and serve very hot.

The Legs of a Duck in Macédoine.—Take a certain number of ducks' legs—without the drumsticks—and skin them ; season with pepper and salt, and stuff them with fine forcemeat. Then sew on the skins, put them in a saucepan ; when cooked, take them out, allow them to get cold, and take out the threads. Warm them up in a strong rich sauce called a *demi-glaze*, arrange them round the dish, and put in the middle sauce *à la Macédoine*.

A Duck Farci—Stuffed.—Bone the duck entirely, and stuff it with an equal portion of fillet of veal, and a larger portion of beef suet, parsley, mushrooms, young onions, two raw yolks of eggs, and some cream; season to your taste. Cook the duck in a brazing-pan. Serve with a ragout of chestnuts, which must be mixed with the sauce in the brazing-pot.

Filet de Canard (Duck) à l'Orange.—Take off all the meat that covers the breast of the duck, and then put it to soak in oil; salt, pepper, an onion, and some parsley. Roast in a Dutch oven for half-an-hour; put the fillets in a stewpan, and warm them in a strong glaze. Lay them round the dish, with orange sauce in the middle.

Canard Poêlé.—Truss well a duck, and rub it over with the juice of a lemon; cover it with thin slices of fat bacon; place it in a stewpan with onions, carrots, a bouquet, the trimmings of some veal, some white meat of other poultry, and the meat of the breast of another duck; moisten with *bouillon* and white wine, and season to taste. Cook it over a very slow fire; and, when done, untie the duck, and serve it with a *purée*,

The same, aux Olives.—Stone olives and blanch them in boiling water; cook them in *bouillon* over a quick fire; season them to your taste, and serve them cooked as above, instead of *purée*.

The same, en Salmis.—Take the meat of a roast duck and put it on one side. The breast and bones should be broken up in a mortar and put into a stewpan; cover all with butter, some flour, *bouillon*, shalots, bay-leaf, and a bouquet of parsley; boil it quickly so as to reduce it, pass it through a sieve, and warm up in it the cut meat, but be sure not to let it boil. Serve it with *crutons*, or fried bread, and pour the sauce over. You will improve this dish much by adding from twelve to twenty slices of black truffles.

Ducklings.—Cook as the duck *poêlé*. Serve with *beurre d'écrevisses*, cucumber sauce; *en macédoine*, or with pease.

Chapon (Capon) en Ballon.—Place it in a stewpan, with butter, salt, pepper, and a bouquet *garni*; turn it frequently that it may be well browned; take it out; put into the sauce butter, truffles, mushrooms, shalots, and chopped parsley; when cold, stuff with half the fine herbs the interior; place over it a band of bacon, and put it on a large sheet of paper oiled, and put the other half of the fine herbs round it, and another band of bacon to cover the tops: form a square *ballon* with the first sheet of paper, and cover it, sides and top, with three sheets of oiled paper; place it in the oven to get hot, but so as not to colour the paper. Cut a hole at the top gracefully, and turn it

back; pour in Italian sauce, and serve it thus enveloped. Carve it from the hole so cut in the paper.

Capon Braisé.—Put your capon into a brazing-pan with butter; turn it well, and when brown add some *bouillon*. Put fire over the top of the pan. When cooked, take out your capon, reduce your gravy to a strong glaze, and pour it over.

Chapon en Croûte.—Braise the capon, which must be previously larded; add carrots, onions, bouquet, trimmings of meat; moisten with *bouillon*; strain off the gravy; reduce it; then replace the capon that it may imbibe the sauce. Let it get cold, cover it with a second sauce, composed of butter, flour, milk, pepper, and salt, which must be made very thick; cover it with bread-crumbs; put it under a *four de campagne*, and serve it with *sauce piquante*.

Chapon farci à la Crème.—Take out the inside when you have roasted your capon. Chop up the meat with bread-crumbs boiled in cream, four ounces of beef suet, parsley, young onions, mushrooms chopped fine; parsley cooked in butter, pepper, and salt, and three yolks of eggs. Stuff the capon, cover it with bread-crumbs; pour dissolved butter over it, and more bread-crumbs; put it under a *four de campagne*, and serve it with *sauce piquante*.

Chapon au Gros-sel.—Take your capon and rub it with lemon-juice, and cover it with bands of bacon; put it in an oval stewpan with onions, carrots, bacon cut small, the neck and the gizzard, a bouquet, the trimmings of veal; salt, pepper, and cover it with *bouillon*, and let it cook at a slow fire. Serve it with its own gravy.

Chapon à la Nantaise.—Make a *farce* as follows:—Twelve or fifteen chestnuts roasted, the liver, parsley, young onions, a little garlic, chopped altogether; pepper and salt, the yolks of two eggs. Mix all together, and stuff the inside of your capon; cover it with buttered paper, and roast it; when nearly done take off the paper, rub over the yolk of an egg (or eggs), and dust over it bread-crumbs, and put it again before a quick fire to colour it, and serve it with piquant sauce.

The same, poêlé.—Lay slices of bacon at the bottom of a strong stewpan, put in a capon covered with slices of lemon and slices of bacon, and moistened with a strong gravy, previously prepared, and boil it till done—ordinarily, three quarters of an hour is enough.

The same—Roti aux Truffes.—This is prepared in precisely the same way as a turkey (which see).

Chapon à la Saint Garat.—Lard the capon with salt tongue and bacon; cover it with a band of bacon, and cook it in a brazing-pot.

When done, take it out, keep it hot, reduce the liquor in which it has been cooked, and, if liked, you can add sauce *tomate*. All birds of this kind can be cooked in the same manner as described for capons.

Turkey Giblets en Haricot.—Clean them and brown them in butter, and then dust in some flour, and moisten with *bouillon*; season, and add a bouquet, and cook them over a quick fire; when nearly done put in the turnips, browned also in butter, and skim before serving. You can also add chestnuts, potatoes, little onions, or truffles.

Ailerons à la Braise.—This, which is in English the pinion bone of the turkey, is to be arranged as follows:—Take out the bones; put them in a stewpan, with bacon, carrots, onions, and a bouquet, and put enough *bouillon* to cover them. Cook them at a slow fire, and serve with the gravy reduced by quick boiling. This may be served on haricot beans or any description of *purée* you like.

The same en Fricassée.—Arrange them, after being washed and blanched, as you would for a fowl in *fricassée*.

The same Frits.—Arrange them as for *fricassée*, with thick sauce, and let them get cold, well covered with white sauce; bread them, rub them with egg, sprinkle more bread-crumbs, fry them, and serve with fried parsley.

The same en Matelotte.—Put them into a stewpan, with some butter; dust in some flour when they are brown; moisten with wine and *bouillon*. Season; cook them at a quick fire; and when half done add small onions and mushrooms, fried in butter. Serve with crutons (fried bread).

The same Larded.—After taking out the bones, throw them into hot water for a few minutes, and singe them well; lard them with bacon; cook them in a little *bouillon*, with glaze; cover them with buttered paper; when done, colour them by reducing the sauce, and serve them on *purée* of endive, haricots, &c., &c.

The same, à la Sainte Menchould.—Cook them in equal quantities of *bouillon* and white wine; season with pepper and salt, and add a bouquet. They must be boiled until the sauce adheres to the pinions. You must dip them in oil, and they must be left to get cold; to soak up the gravy, bread them, and put them under a *four de campagne*. When of a good colour, put them on the gridiron, and broil them; before serving add the juice of a lemon.

The same, avec Sauce Robert.—These, with the remains of the turkey, may be boiled and served with the above sauce.

Capilotade.—Dissolve a piece of butter, and put in a spoonful of flour; add immediately mushrooms, parsley, and chopped shalots; moisten with equal quantities of wine and *bouillon*; when the sauce is cooked, skim it, and warm in it the pieces of turkey, or any other poultry, and serve with fried bread, crutons.

Galantine of Turkey.—Cut the breast in thin slices, and skin the turkey very carefully; take off all the meat from the bones; chop it all up as fine as possible; take out all sinews and muscles; add to it some fillet of veal and some bacon; season it, and pound it all together in a mortar; spread the skin on a fine cloth; spread on it a layer of the pounded meat, and a layer of fillets from the breast, and a layer of salt tongue or ham, another of truffles, gherkins, and continue till you have used all; then roll the galantine in the skin and cloth, tie it up very firm, and cook it in the same way as turkey *en daube*. Serve with aspic jelly.

Turkey en Daube.—Take your turkey, and put it into a brazing-pot, covered at the bottom with slices of bacon; place round it some trimmings of meat, carrots, onions, bouquets, piece of shin of beef, and two calves' feet, previously cleaned. Moisten it with *bouillon* or water, and a glass of white wine; cook it over a very slow fire; when done, take out the turkey and strain the gravy through a sieve. Let it get cold, to take off the fat, and cover the turkey with the jelly formed from the above gravy. You may bone the turkey if you please, which is an improvement.

Turkey en Surprise.—Take a cold roast turkey, stuff with a *financière*, or any other ragout; cover it with a stuffing of *quenelles*; powder it with bread-crumbs and grated cheese; warm it, and make it of a good colour under a *four de campagne*, and serve it with German sauce.

Minced Turkey.—Chop up all the flesh of a turkey, warm it in *béchamelle* sauce, and serve it with crutons of fried bread. You may, if liked, add some poached eggs.

Goose ses Aiguillettes.—Roast the goose, and take off all the flesh from the breast and body, and cut it in equal lengths; put it into a stewpan, season highly, and moisten with the gravy which has been made in the roasting; to which add the juice of a lemon.

Goose à la Chipolata.—Choose a fleshy goose, not very fat; cut it into pieces; brown it in a stewpan, and make a *roux*. Put in sauzages, cut into pieces, mushrooms, and roasted chestnuts; season to your taste. When cooked, skim it, and, just before serving,

the juice of a lemon or filet of vinegar. A turkey may be cooked in precisely the same way.

Goose en Daube.—Lard and stuff a goose with roasted chestnuts; tie it up, and put it in a braizing-pot, with half a pound of knuckle of veal, carrots, onions, and a bouquet. Cover it with slices of bacon, and moisten with equal quantities of *bouillon* and white wine. Cook it over a slow fire; when done, take it out, skim it, and pass the gravy through a sieve; reduce it, clarify it with the white of egg, and pour it over the daube, to be served cold.

Salmis d'Oie.—Proceed precisely as for *salmis* of partridge, which *see*.

Pigeons à la Cardinale.—Rub them with lemon-juice to blanch them; put them into a stewpan with some butter, but do not allow them to get coloured; take them out and put them into another stewpan, the bottom of which is to be covered with slices of bacon. Throw over the butter from the first stewpan, cover them with another slice of bacon and a buttered paper; moisten them with a *poêlé* made as follows: Put into a fryingpan a bit of butter; some ham, bacon, and some trimmings of veal; add a carrot and an onion cut up very small; moisten with some *bouillon*, and add a bouquet of parsley: let it boil for a few minutes. This sauce is good for all sorts of poultry and game. When done, serve on a dish, placing between each a crayfish, and pour the gravy over.

Pigeons à la Crapaudine.—Cut the pigeons down the back without entirely separating them; flatten them; season them with pepper and salt; rub them over with bread-crumbs, and dip them in warm butter; put them on the gridiron till quite done, and serve them with *sauce piquante*.

Pigeons à la Gautier.—To be cooked precisely like the *pigeons à la cardinale*, and served with a *ragoût* of truffles and cock's combs.

The same en Matilotte.—Brown them in butter, with bacon cut in thin slices; moisten with equal quantities of wine and *bouillon*, and add mushrooms.

The same à la Minute.—Cut them in half, brown them in butter; when coloured and half cooked, add mushrooms, shalots, and chopped parsley; an instant afterwards take out the pigeons to separate the glaze; pour a little *bouillon* and wine over them.

The same en Papillottes.—Cut them in half, brown them in butter; withdraw them when half done; add flour, *bouillon*, mushrooms, shalots, chopped parsley, and pour it over the pigeons; put a slice of

bacon on either side, fold them up in a buttered paper, and put them on the gridiron to cook.

Compote de Pigeons.—Put into a stewpan a quarter of a pound of butter; brown your pigeons in this, and then lift them out; put into the stewpan an onion cut up small, one pint of green pease, and some chopped parsley, and a little salt and pepper; stew them very gently, and when nearly done, put a quarter of a pound of bacon cut into dice; add a little good *bouillon* or water. Lay your pigeons in, and stew very gently till all is done. Add a bay-leaf if liked. The above may also be made without the pease, but it is then no longer what in Paris is called a *Compote de Pigeons*; but is very good nevertheless.

The same en Tartare.—Take some large ripe vegetable-marrows, take out the seeds, and blanch them in boiling water; have your pigeons with the heads on, but the beaks cut off, and the legs and ends of the wings on. Steep in vinegar and fine herbs as many pieces of fillet of veal as you have vegetable-marrows; make four openings in each vegetable marrow, and put the pigeons in them, showing the head, the feet, and the ends of the wings; place them on the pieces of veal and put them in a stewpan, the latter of which is covered with slices of bacon, well seasoned, and moistened with *bouillon*; let them simmer over a slow fire; strain the water from the vegetable-marrows, and pour over the whole the sauce *Espagnole*. Arrange it nicely in your dish.

Fowls—Filet de Poulet au Suprême.—Take the flesh in fillets from the breasts of four fowls; powder them with salt; put them in a *sauté* pan with a lump of butter, without colouring them. Serve them round a dish with crutons (fried bread) between each piece; or you may lard them and serve them with *sauce aux truffes*, or *sauce tourné*.

Poularde Poêlée.—Put your fowl in a stewpan, the bottom of which is covered with thick slices of bacon; cover them with slices of lemon, and other slices of bacon, moisten with *bouillon*, and put in a carrot cut, two onions, and a bouquet; garnish and cook them at a quick fire for three quarters of an hour, or half an hour if the fowl is very young. Serve them with clear gravy, or with the crayfish, butter, or tomato sauce.

Capilotade de Poulet.—Proceed precisely as for the same dish of turkey, page 105.

A Saucepan of Fowl and Rice.—Boil half-a-pound of rice in a good *bouillon*; season it well; lay a layer on a dish of either metal or earthenware, and upon this lay a layer of *fricassée* of fowl in which

there is plenty of sauce, and again another layer of rice, which should be nicely placed on the fowl; put the dish over a stove and cover it with a *four de campagne* to give it a good colour, and serve it in the dish in which it is so cooked.

Fricassée de Poulet.—Cut in pieces your fowl, and throw them into boiling water to disgorge and whiten. Put into a stewpan a little butter, in which place the pieces of fowl, so as to be well saturated therewith; throw in as much flour as the butter will absorb. Moisten with water, or *bouillon* well seasoned; add a bouquet of parsley; when all is half done, put in little onions, mushrooms, artichoke bottoms, and let it simmer; when done, serve all on a dish well arranged, the meat and the vegetables being placed round the dish; pass the sauce through a sieve, make a *liaison* with the yolk of eggs, add the piece of lemon, and pour it on. Garnish with crayfish.

Fricassée de Poulet à la Minute.—Cut up your fowl, put it in a stewpan with some butter, with mushrooms, and a bouquet; dust in some flour, stir it, moisten with water or *bouillon* and a little white wine; at the time of serving squeeze in the juice of a lemon, or a little vinegar.

Fricassée de poulets à la bonne femme.—Cut up a cold fowl; chop largely some mushrooms, carrots, onions, parsnips, young onions, and parsley; put them into a stewpan with a good lump of fresh butter, and brown them; moisten with *bouillon*; season; and after boiling for an hour, rub it through a sieve, and add to it some crumbs of bread; boil in milk, and also rub through a sieve; warm up the fowl in the above sauce.

Friture de Poulets.—Cut up the fowl in pieces, soak them in oil, lemon-juice, or vinegar, pepper and salt, onions cut in slices, chopped parsley; strain the fowl, and then fry your fowl so arranged in oil, and it must be served with a *sauce à l'huile*, to which must be added pepper, salt, slices of lemon, parsley, and tarragon, chopped very fine. To make the *sauce à l'huile*, proceed as follows:—With a very fine nutmeg-grater, rasp the outside of two lemons, taking only the yellow portion and none of the white; infuse this in the best salad oil; in another vessel dissolve some salt and vinegar, and season it with some pepper, parsley, and tarragon, chopped very fine; and some people put in a little garlic and allspice, but this depends upon taste; then mix it as follows: three tablespoonfuls of oil to one of vinegar.

Fricot de poulet.—Soak the fowl, cut in pieces as before described; put them for an hour in olive oil, with some lemon-juice or vinegar; salt, pepper, onions cut in slices, and some chopped parsley; strain

it; put some oil in the *sauté*-pan, and *sauté* of a good colour; and serve with the sauce in which they are fried; to which must be added slices of lemon, pepper and salt, tarragon, and parsley, chopped very fine.

Friture à la Tellerai.—Take the rest of a *fricassée* cold, bread the pieces with bread-crumbs made of the crumb only; then rub them over with egg, and fry them of a good colour, and serve with fried parsley.

Marinade de Poulets.—Cut up the fowls, put them into a *marinade* of any kind; put them into batter and fry them.

Poulet aux Anchois.—Chop up the liver, some bacon, parsley, young onions, and anchovies; mix with a little pepper; raise up the skin of the fowl, and place the mixture under it; cover the fowl with a thin slice of fat bacon, envelop it in buttered paper, roast it, and serve it with sauce made from some ham and veal, with anchovies cut up very fine in it. This is excellent.

The same à l'estragon.—Throw into boiling water a handful of tarragon; leave it to get cold and strain it. Chop up a third of the tarragon and the liver of the fowl; add a little butter, pepper, and salt, and stuff the inside of the fowl; cover it with a slice of bacon and roast it; put the rest of the tarragon in some dissolved butter, and add a little flour; wet it with *bouillon*, and add the yolks of eggs and the juice of a lemon; make it hot over the fire, but do not let it boil; turn it into a dish, and serve the fowl on it.

The same aux fines herbes.—Chop up the liver, and mix it with butter, fine herbs, chopped small, pepper and salt, and stuff the inside of the fowl; put it in a stewpan with some butter, and first brown it; take it out, cover it with slices of bacon, and envelop it in buttered paper, and roast it. In the butter you have browned it put in an onion and a carrot; cut in slices a bay-leaf, some lemon and thyme; moisten it with *bouillon* and white wine; boil it for a few minutes, and pass it through a sieve; add more chopped fine herbs; put it again on the fire for half-an-hour, without boiling it; pass it again through a sieve; add a small piece more butter, salt, and pepper; reduce it, and serve it with your fowl, in the same dish.

The same à la Horli.—Cut in pieces; soak in oil and lemon juice, and fry; glaze the pieces; dress them nicely in your dish, with fried onions, cut round; and serve over it some aspic jelly hot.

The same aux légumes.—Chop the liver, some bacon, parsley, young onions, mushrooms, pepper and salt, and stuff the fowl, and cook it in a braizing-pan; prepare cauliflowers, or any other sort of vege-

tables, and when half-cooked, add the vegetables, and serve. This is very good.

Poulet à la Marengo.—This dish is most excellent if well made. The fowl should be cut into pieces, but the fleshy part of the back should not be used for this dish. Put the pieces into a stewpan, with enough best salad oil to cover the bottom, and *sauté* in the oil till quite brown. The pan should be continually shaken, in order that the fowl should not burn, but only brown. When it is sufficiently browned, a little fine dry flour should be added to the oil; and the whole be moistened with good rich veal or fowl *consommé*. Remove the seum, if any. Then cut into this stewpan four or five good large truffles, and let all stew for about half-an-hour to thirty-five minutes. Season with pepper and salt and a little sugar; fry, a beautiful gold colour, about six or eight pear-shaped pieces of crumb of bread; arrange your fowl in a pyramidal form. Have ready and put on paper frills to the legs and wings, which place on the outside, the fried bread between and round the pyramid, and the truffles next the bread. Then pour the sauce into the dish. The sauce should boil pretty hard after the fowl is taken out, in order to reduce it, keeping it stirred all the time.

La Poularde au Consommé.—Put into a stewpan a young chicken, with a good piece of butter, and turn it frequently, over a slow charcoal fire, until it is quite brown. Then add a little flour and some good *consomme*, and let it stew in the soup till perfectly tender. Take out the fowl, reduce the gravy till it will stick to the spoon, and pour over the fowl; season with pepper and salt, and serve quite hot.

The same à la Mulâtre.—Put the fowl in pieces in a stewpan, with some butter, four ounces of bacon, cut small, and powder of kari dust in flour; stir it, and moisten with *bouillon*; add mushrooms which have been parboiled; young onions, artichoke bottoms, cauliflowers cut up small, French beans, and all sorts of vegetables you like to choose; and cook at a quick fire, and serve.

The same à la Napolitaine.—With an ordinary cold *fricassée*, cook sufficient macaroni; drain it, and add to it butter and *sauce tourné*, Parmesan cheese, mixed with double the quantity of Gruyère cheese (which, however, we say omit, and put all Parmesan), and pepper; stir it well; put a layer of macaroni on a dish of metal or earthenware; then the *fricassée*; then cover with macaroni, which brown; cover it with bread-crumbs; cover it a second time with dissolved butter and more bread-crumbs; put it on a stove, and cover with a *four de campagne*.

The same Poêlé.—Rub with the juice of a lemon the breast of the fowl; cover with slices of fat bacon; tie it up, and cook it in a *poêlé*, and serve like a roast fowl (*vide* turkey *poêlé*).

The same Roast.—Cover your fowl with a slice of bacon, and roast it, and serve it on water-cresses over which you have put the juice of a lemon and the gravy made in roasting the fowl.

Another mode.—Proceed as before; only put pepper, salt, and a good piece of butter in the inside; roast, and serve with crayfish, butter, or *sauce verte*, tomato or truffles, mushrooms, or *à la financière*, &c.

The same à la Sainte Menchould.—A cold *frieassée* of fowl. Rub it well in the sauce; roll it in bread-crumbs; rub it with egg, and fry it, or cook it under a *four de campagne*.

Poulet en Surprise.—The same as for a turkey, (which *see*).

The same aux truffes.—The same as for a turkey, (which *see*).

The same à la Tartare.—Cut it down the back; but do not divide it; soak in oil and citron; broil it, and serve it with *sauce Tartare*.

Poulet en Timbale.—Take macaroni nouilles, flat macaroni, and other Italian paste, and stew them in some gravy prepared from white meat of some boned fowls, and four ounces of pickled tongue, six dozen and a half of mushrooms, six black truffles, one-third of a calf's sweetbread (or, if no sweetbread, calf's brains), cock's combs and kidneys prepared in *Velouté* sauce, and four ounces of fresh butter; put a paste at the bottom of the timbale, and fill the inside with the above; cover it up, and bake it of a good colour.

Poulet à la Vénitienne.—Cut down the back, but not so as to divide the fowl; lay it flat in a stewpan in some butter which is quite hot; colour it well in this butter, and then moisten with white wine and *bouillon*; add a bouquet of parsley, pepper, and salt; cook it at a very slow fire, and when done take it out; boil the same quickly, and add some flour and butter mixed together; and when sufficiently reduced, pour it over your fowl, which should be placed on a dish that will stand the fire. Cover the fowl and the sauce with grated Parmesan cheese; put your dish on a slow charcoal fire; cover it with a *four de campagne*, and when it is of a good colour, and the sauce again reduced, serve it quite hot. If no *four de campagne*, this might be put into a moderate oven; but the *four de campagne* is best if you have stoves.

Poulet au Vin.—Choose a fine fat fowl; lard it, and brown it well in some olive oil, put into a stewpan and made very hot before the fowl is put in, and the mixture kept continually turned. You then take it out, and place it in another stewpan in the middle, the bottom

of which has been previously covered with raw veal cut in very thin slices; this must be put on a very brisk fire, to draw the gravy from the veal; add the wine when the fowl is cooked; then take it out, keep it hot, and pass the gravy through a sieve; to thicken it, add a ball of flour and butter well worked together, and throw it over the fowl, and serve.

Aspic de Blancs de Volailles.—Put into your mould a little aspic, and put the same on the ice to set; form a pattern with hard eggs, truffles, and leaves of parsley; put on some more jelly. When this is set, put in the white meat of cooked fowls, and continue successively the eggs, &c., and white meat, till your mould is filled. The mould should be a round one, with a hole in the middle, into which hole or cavity should be placed just before serving, after it is turned out, a cold ragout.

Croquettes de Volailles.—Take the flesh of a roast fowl, and chop it up with crumbs of bread which have been boiled in cream and with the yolks of eggs; season to taste; form them into little balls, which roll in bread-crumbs; then egg them over, and put more bread-crumbs, and serve with fried parsley.

CHAPTER XVI.

GAME.

BEFORE giving directions for the preparation of this most important portion of the luxuries which enrich our tables, it is necessary to say that roast game is always served in second course in England. The greatest care should be taken that it is cooked to a turn; if it is not, it is uneatable. No cook should attempt the preparation of game unless she is certain of accomplishing a moderate degree of success. Game is the most expensive part of our dinner; for, although it frequently comes in the shape of presents from friends in the country, the carriage is expensive; and, you must remember, that if you spoil a brace of grouse in the early part of August, you are throwing away seven or eight shillings; and woodcocks, they say, should fly through the kitchen,—the meaning of which is, that they require to be cooked *au point*, from thirteen to fifteen minutes being about the time necessary for their perfection. We have heard great epicures declare that a woodcock had been done three turns, two turns, and one turn too

much; and some of them say, that when they have these birds dressed at home, they always repair to the kitchen, and count exactly the number of turns which the birds make before the fire. But even epicures are undecided on this point—some declaring that thirty-nine is the exact number, others arguing for forty-two; and others, who have a particular love for the number seven, asserting that it should be fifty-seven turns, no more and no less. Let these gentlemen (whom we call gourmands in its most extended sense) settle this knotty point as they choose; all we wish to say is, that the bird itself is too good and too valuable to be left to fate and an indifferent cook. At the head of our list of game, with the exception of venison, the haunch of which we cook to perfection in England, stand

Woodcocks.—These birds should be picked, trussed, singed, but not drawn. They should be hung before a fire, not placed on a spit. Underneath them, on the dish in which they are to be served, should be put, side by side, a piece of buttered toast for each bird. They should be continually basted with a little good butter, which forms the only admissible gravy or sauce for a woodcock, and each bird should be served hot on the piece of buttered toast before mentioned. In Ireland and North Wales, where these birds are very plentiful, we are told they are usually served on plates, under covers, one to each person. To the epicure this would be a great treat.

French Receipt for Roasting a Woodcock.—Proceed as in the former, but cover the bird, after it is trussed, with a slice of fat bacon, and roast.

Woodcocks' farcies (stuffed).—Open the bird at the back, take out the trail, and chop it up with bacon, parsley, shalots, salt and pepper, to make a stuffing; cover with a thin slice of fat bacon; roast, and serve on a toast, as before.

Croustades, avec hachis de Bécasse.—Take enough of the flesh of a roasted woodcock, separated from bones, skin, &c., and place in a dish with slices of nicely-fried bread round it. It may be served with poached eggs, or with a paste of macaroni round the dish. A glass of wine (particularly champagne) is an improvement.

Salmis de Bécasse.—The same as a salmis of partridge, adding the trail to the sauce.

Salmis du Bernardine.—Take three or four woodcocks, cold; cut them up; break up the livers and the trail; squeeze over this the juice of four lemons, and cut up one in small pieces—very small; mix all together; season with pepper, salt, and a little grated nutmeg, two spoonfuls of mustard, and a glass of white wine, and put the

plate over a spirit-lamp, and stir it, that all may be well covered with the seasoning. Do not let it boil. Pour over it a spoonful of salad oil, by little at a time. Decrease the fire, and continue to turn the salmis until it is done. Serve it quite hot.

Salmis à la Paysanne.—The trail is chopped with the shalots, parsley, salt, pepper, and a little butter, and boiled with two glasses of white wine; add some bread-crums and slices of cold woodcock, and serve very hot.

Sauté de filets de Bécasse.—Fry butter in a *sauté* pan, and when hot throw in your fillets of woodcock, previously prepared, and add salt, pepper, and one or two pinches of *Romarine*,* in powder; serve hot, in a deep dish, with erutons. The sauce is made from the bones and skin of the woodcock not used for fillets, seasoned with thyme, bay-leaf, and cloves, and moistened with wine and *bouillon*, and lemon-juice.

Purée des Bécasses.—The flesh of cold roasted woodcocks is to be pounded in a mortar with some fat fresh pork and spices. Make a good *bouillon* with the bones, add wine, and season with parsley, bay-leaf, cloves, and nutmeg, and some sauce *tournée*. When cold, add the pounded woodcocks, and pass the whole through a hair sieve. Put it on a slow fire, and when hot, serve in a deep dish with erutons, fried a fine gold colour.

Quails should be enveloped in vine-leaves and roasted at a very slow fire. They are never drawn in France.

Wild Ducks must be roasted before a good fire for about a quarter of an hour, not more, as nothing but the breast is eaten; and if they are too much done, the hash is spoiled for the next day. Sauce for wild ducks is made with one glass of port wine, two of good gravy, salt, cayenne pepper, and the juice of lemon. Served very hot in a tureen, and poured over the bird when the breast is scored by the carver.

French Receipt.—When roasted, pour into the inside one spoonful of olive oil, the juice of a lemon, salt, pepper, and a little water. Serve hot.

The same en Salmis.—Cut into handsome pieces, and proceed as for the salmis of partridge.

Hashed Wild Duck.—Make a good gravy with the bones, some beef, parsley and onions, and a little browning; strain it through a sieve; make a *roux*, moisten it with the gravy, and add two glasses of port wine; warm up in this the wild duck cut into pieces, taking

* *Romarine* is the *Aromatic arbutus*.

care it does not boil. Before serving add the juice of a lemon, and a little cayenne pepper.

Venison.—We have already given directions for roasting venison; and now add some French receipts for dressing it. French venison is not so good as ours, because it is never kept so long; it is generally *marinade*—that is, soaked in vinegar, water, wine, onions, pepper and salt, bay-leaf, parsley, &c.

Quartier de Chevreuil à la Broche.—The fore or hind quarter is to be *marinade* for three or four days; it is then enveloped in paper and roasted. When nearly done, the paper is removed and the joint coloured. It is served with sauce *poivrade*; and although very good, is not equal to our haunch of venison.

The Brains of the Doe, after soaking in water, are to be cooked in a *marinade*, and to be served with the same sauce; or they may be prepared in the same way as calf's brains.

Civet of Venison.—Cut the serag-end of the neck in pieces, and brown them in a stewpan with bacon and some butter; dust in a little flour, and moisten with equal parts of wine and water; season with thyme, bay-leaf, garlic, salt, pepper, and nutmeg; then put in some young onions and mushrooms, until the sauce is sufficiently thick; pass it through a sieve, and serve with crutons.

Cutlets of Venison.—They are to be cooked like veal or mutton, only they require more care; first, in dressing them, and secondly, in placing them in the dish, in consequence of the longer bone of the cutlet.

Crepinettes de Venison.*—Chop up some roast venison (taking care to remove all the sinews) with mushrooms, truffles, and calf's udder; put it into a stewpan with some sauce *Espagnole*, or other sauce of good flavour, and reduce it; then let it get cold; amalgamate this when cold with fresh butter, and divide it into equal portions, and envelop it in the crepines; put these in a well-buttered dish, that will stand the fire; put a *four de campagne* over to give a good colour, and serve with any rich sauce. The mushrooms and truffles may be replaced with young onions previously cooked.

Emincée avec Venison.—Cut the cold venison in very thin slices, warm it up in the sauce *poivrade*, and before serving add a little fresh butter. This must be garnished with crutons, or with onions cooked in various ways.

Shoulder of Venison—called in France "*Epaule de Chevreuil*"—

* *Crepinette* is batter, made like the batter for pancakes, only the *crepinettes* are much smaller than pancakes.

when roasted, ought to be larded with bacon, and, according to the French receipt, to be *marinadé*. Sometimes French cooks take the fillets only, which they *sauté* in butter, and serve with any of the high-seasoned sauces; or they cut the flesh into escalopes and *sauté*, seasoning with pepper and salt, thyme, bay-leaf, garlic, or shalots. This is cooked over a very quick fire, covered with a high-seasoned sauce, and garnished with crutons.

Filets de Chevreuil.—Slices of venison are soaked in the *marinade*, and fried in butter over a quick fire. Glaze them, and lay them in the dish, with crutons between each slice; serve with sauce *poivrée*, or other high-seasoned sauce.

Hachis of Venison.—Slice cold venison, and chop it very fine. Put into a stewpan some mushrooms, parsley, shalots, all cut small, and a lump of butter, and brown them. Dredge in some flour; moisten with white wine and *bouillon*; season to taste; add the chopped venison; warm the whole, and serve with crutons.

Saucisses de Venison.—Take a quantity of venison, from which all hard parts are removed, and add one-third of its weight of fat bacon; season with salt, pepper, thyme, and spices in powder. Chop all very fine, and add truffles, and envelop it in the crepines, or sausage skins, properly prepared. Broil over a slow fire, and serve with any of the high-seasoned sauces.

Pheasant.—Roasting is the English mode of dressing this most excellent bird, with good gravy, and bread sauce. It is always served in the second course.

The Scotch Mode of dressing a pheasant is to stuff it with raw meat stuffing, and roasting it in a cradle-spit or bottle-jack; it must not be too much done; thus cooked, it is very good, the gravy of the stuffing rendering tender and juicy that which is otherwise a hard and dry bird.

The German Mode, which we think has never before appeared in print, and is extremely good, is as follows:—Stuff the bird with oysters, nine or ten dozen of which will be required; put the liquor from the oysters into a stewpan, and when it boils add two ounces of butter; then place your pheasant before the fire to roast, and baste it with the liquor of the oysters so prepared, for about fifteen or twenty minutes, so as only to brown the outside, but not to cook it; put into a stewpan one pint of good rich beef gravy, one dozen morels, one dozen mushrooms, six or eight truffles, cut in slices, the pheasant, and the liquor with which it was basted, and stew all very gently till quite done. Strain the gravy, and serve as sauce over the bird;

a lump of sugar will improve the sauce; and just before serving, two glasses of sherry or madcira may be advantageously added.

The French Mode is perhaps the prettiest and most fanciful: the feathers of the head and neck not being removed. These are covered entirely with paper; the body larded with very fine lardoons, and the bird roasted. It is then placed on a hot dish with a lamp under it, with the head erect and the tail displayed.

Faisan à l'Angoumoise.—The pheasant being larded, is stuffed with truffles, chestnuts, and minced veal, well seasoned, enveloped in slices of fat bacon. Put this into a stewpan, with slices of bacon at the bottom, and a glass or two of malaga, or any other Spanish wine, and set over a slow fire to cook. When done, the bacon is to be removed, the gravy strained, and thickened with pounded chestnuts, and more truffles added. Cut up, and serve very hot.

Ballotine de Faisan.—The pheasant is to be boned, and filled with the same stuffing as for galantine, pressed into shape, and placed in a stewpan, with slices of bacon, moistened with wine and *bouillon*, and seasoned with lemon, thyme, bay-leaf, carrots, and onions. At the end of an hour, take out the bird, and stick it with slices of truffles. Serve it on a *purée* of mushrooms (p. 123) or otherwise, according to taste, and place crutons round the dish.

Boudin de Faisan.—Pheasant sausages are made with equal parts of the meat of the bird, and floury potatoes, rubbed together in a mortar, with the same weight of fresh butter, moistened with eggs, seasoned with pepper, salt, thyme, bay-leaf, and allspice in powder. It is then rolled into shape in flour, rubbed over with white of eggs, powdered well with bread-crumbs, and fried over a very slow fire.

Faisan aux Choux.—This may be cooked either with sour crout or common cabbages, which must be blanched in boiling water. Cover the bottom of a stewpan with slices of veal and bacon, an ordinary sized saveloy, carrots and onions cut in slices; season with spices, thyme, bay-leaf, pepper, and salt. Cook the bird and cabbages over a slow fire, with sufficient *bouillon*. Serve the pheasant in the middle of the dish, and the garniture round it, with any sauce of high seasoning.

Croquettes de Faisan are made as the croquettes of other meats before described.

Emincée de Faisan aux Truffes.—Mince a cold pheasant very fine, and throw over it the juice of a lemon. Break the liver into good *bouillon*, with truffles that have been boiled in white wine; add a glass of champagne, and reduce in a stewpan to one-half. Then

add the minee, and simmer it at a very slow fire for half-an-hour. Arrange it well and tastefully in the dish, with erutons cut into fanciful shapes, and serve very hot.

Faisan étouffé.—Having removed the trails, pound two woodcocks in a mortar; add sufficient beef marrow, and with this stuff a pheasant. Then pound the trails with two large truffles, one anchovy, a little grated bacon, and a sufficient quantity of butter. Spread this over the pheasant, and roast it, basting it well with what falls from it. Garnish the dish with Seville oranges, cut into slices.

Fillets de Faisan.—Take off the fillets as described for fillets of partridges; trim and lard them; cover the bottom of a stewpan with bacon; lay in the fillets, and add white wine to the height of the fillets, but not to cover them. Let them stew, and when done take them out; reduce the sauce, and pass it through a sieve; then put your fillets on a metal dish; pour the sauce over, and put it on the stove, and cover it with a *four de campagne*, to give it a good colour; truffles may be added, and erutons placed round the dish; the same *à la Sainte Menchould*. Season the fillets to taste; dip them in dissolved butter; cover them with bread-crumbs, and broil them over a slow fire, and serve with what sauce you please.

Galantine de Faisan.—Cut down the back of an old bird, and bone it; then lay upon it slices of hare, rabbit, or venison, bacon, truffles, and salted tongue; season with pepper, salt, and spice; sew up the bird along the back, so as to preserve the shape; cover it with slices of fat bacon, and roll it up in a fine cloth, tied at either end, and then put it into a brazing-pot, the bottom of which is covered with slices of bacon, ham, and veal, and the *debris* of game, moistened with wine and *bouillon*, and seasoned with cloves, thyme, garlic, and bay-leaf. Cover with other slices of bacon, and a thick sheet of paper. It will take three hours to cook; it is then to be left to get cold in the cloth. Then untie it, and serve it with its own jelly, clarified and passed through a sieve or jelly bag: add lemon juice, and decorate with slices of truffles, lemon, and carrots alternately.

Hashis de Faisan.—Stew in good *bouillon* and very slowly slices of pheasant, with the livers of geese or that of a calf, chopped fine, and seasoned to taste. Cover the bottom of a dish with erutons; pour on them the hash, upon which put poached eggs.

Faisan poêlé.—This is also called pheasant *à l'Etouffade*. Lard your pheasant, and put it into a stewpan, with carrots and onions, and a bouquet; cover with slices of bacon; moisten with equal quantities of white wine and *bouillon*; season to taste, and cook over

a very slow fire; pass the gravy through a sieve, and take off the fat; add just before serving a little *sauce Espagnole*.

Sausages of pheasant are made like those of venison.

Souffles of pheasant is made with the whites of eggs, well beaten, and the meat of the pheasant reduced to pulp in a mortar, and the whole put under a *four de campagne*, to make it rise well.

Grives (Thrush.)—These birds are not much esteemed in this country, although they are considered excellent in France, and more especially at the time of the vintage, when they are considered in high perfection. They are cooked without being drawn, and are covered with vine leaves, and roasted like woodcocks.

Partridges.—These birds roasted, and served with gravy and bread sauce, as in England, are excellent. In France, there are thirty-six different modes of dressing these birds, some of which we give.

Perdreaux à l'Anglaise.—Cut the birds down the back; lay them open; soak them in oil, and then broil them over a quick fire; serve with *sauce à la maître d'hôtel*, *poivrade*, or *remonade*; or cover them with bread sauce; or the liver may be chopped up finely, and made into a stuffing with seasoning and bread-crumbs, and the birds roasted, covered or not with bacon, or with buttered paper. Before they are quite done, they may be placed in a stewpan, and simmered till the sauce is reduced one-third, and then add the juice of a lemon, and sometimes the rind of one, chopped fine.

Perdreaux au Charbon.—Salt and pepper the birds, cut in two parts down the back; dip them in dissolved butter; cover them with bread-crumbs and truffles chopped very fine; put them on the grid-iron over a very slow fire; and serve them with a sauce, in which there must be the juice of a lemon.

The same en Cotelettes.—This dish can only be made when partridges are abundant. The meat from the breast is taken and flattened; cut into shape; covered with bread and yolk of eggs; fried in butter; and served with *sauce au diable*.

Same en Croustade.—Crutons are to be cut sufficiently large to hold half the breast flattened and garnished with truffles; season to taste; add some cocks' kidneys and combs, and cook in a *purée* of partridge.

The same; the legs à la Chipolata.—Brown in a stewpan some slices of bacon and the legs of partridges, which moisten with white wine and *bouillon*; add onions and mushrooms, browned in butter, roasted chestnuts, and sausages. Cook the whole over a slow fire; take off the

fect, and serve with crutons. It can also be cooked with the above with the addition of truffles.

The same à la Broeche (roasted).—Cover the breast of the bird with slices of bacon and lemon; envelop in buttered paper and roast. Take off the paper, and serve with clear gravy, with lemon juice in it.

The same en Escalopes.—Season slices of the bird with pepper, salt, and the juice of a lemon; cook in sauce *Espagnole* or *Allemande*, with truffles and mushrooms; and serve, surrounded with croquettes of game, covered with glaze.

The same à la Espagnole.—Stew in *bouillon* and wine, with slices of ham, butter, salt, pepper, and the juice of a lemon, thyme, bay-leaf, cloves, and a bouquet.

Perdreaux Filets aux Bigarades.—Cut crutons and the meat of the bird of the same size; place in a stewpan with the sauce preferred, and the juice of a Seville orange, and cook.

The same Filets Sautés.—Fry slices with sauce *Espagnole*, and serve with truffles and *sauce aux truffes* (page 122).

Perdreaux Grillée.—Cut in halves, soak in dissolved butter, and dust over with bread-crumbs; put on a gridiron over a very slow fire, and serve with sauce *au diable*, or any other, to which add mustard and lemon juice.

Hachis de Perdreaux.—Put in a stewpan mushrooms, parsley, shalots, and one spoonful of flour; when well mixed, moisten with *bouillon* and white wine; then add the sliced partridge, and warm, but do not let it boil; serve it on crutons. This is a most excellent dish.

Monselle de Perdreaux.—Take off the flesh from two roasted partridges, and put the bones and *debris* in a mortar; add shalots, bay-leaves, parsley, pepper, and pound all together; then put what you have pounded into a stewpan with some white wine, some *bouillon*, and a little grated nutmeg; boil till reduced one-half, pass and rub through a sieve; then warm up the flesh in the sauce. Serve the flesh of the partridges well arranged in your dish, and the sauce poured over.

Perdreaux en Mayonnaise.—Roast and skin the partridge, cut it in pieces, and put it into a basin with a *marinade* of olive oil, vinegar, shalots chopped, salt, pepper, and half a soup-ladle of jelly; then put it on the ice till it is set. Place it on a dish well arranged, put the sauce over, and garnish it with crutons, gherkins, slices of anchovies, truffles, hard eggs, and jelly.

Pain de Perdreaux.—Make a *purée* of partridge, to which add as many yolks of raw eggs as will when cooked give it a good consistence; pass it through a sieve, and put it into a mould, which place in boiling water until quite cooked; then turn it out, and cover it with any highly-seasoned sauce.

Perdreaux en Papillottes.—Cut the partridge in half; put over a little salt, and brown in a stew or a *sauté* pan, with shalots, mushrooms, and chopped parsley; dust in a little flour, and moisten with wine and *bouillon*. When sufficiently done, cover each half with a slice of fat bacon, envelop in a sheet of oiled paper, and broil over a very slow fire; serve with its own sauce.

Perdreaux Poêlés.—Make a stuffing for the bird with the liver, butter, lemon, salt, and whole pepper; place it in a stewpan, with slices of fat bacon; cook, and serve with sauce *poêlé* (page 113), and crayfish between each bird.

Perdreaux en Purée.—Chop the flesh very fine, put it in a mortar, pound it well, and add while so doing a little *béchamelle* (page 109); then warm it up over a very gentle fire, and serve with poached eggs and fried crutons.

Perdreaux Rotis.—Lard the bird with fine lardoons of fat bacon, roast before a moderate fire, and serve with slices of lemon. If there is not time to lard, cover the breast with a large slice of fat bacon, and envelop in vine-leaves.

Perdreaux en Salade.—Prepare and cook the partridges as for the *mayonnaise*; arrange the pieces, after they have been soaked in a marinade, on a dish, with the hearts only of coss-lettuces cut in two, or in quarters; between each piece of partridge place gherkins cut in slices, hard eggs, anchovies, truffles, and before serving pour over the sauce.

Perdreaux en Salmis, hot.—Roast your birds, cut off the legs, wings, and breasts, pound the rest in a mortar, and stew with *bouillon*, shalots, bay-leaf, a bouquet of parsley, some butter, and a spoonful of flour; reduce this sauce, and pass it through a sieve; in this warm up the legs, wings, and breasts. Serve with crutons, and the sauce poured over. Truffles, cooked, and rubbed through a sieve, may be added.

The same, cold.—The sauce of the *salmis* is to be made as the last; put the partridges, cut up and cold, on the dish, and pour over the sauce; leave a little in the stewpan, and dissolve in it some jelly to give it a good consistence, and then pour it also over the meat; garnish with jelly cut in strips, or lozenges.

Perdreaux à la Saint Laurent.—Beat the birds as flat as possible with the side of a chopper, and pepper and salt them well; put them into a stewpan with sweet oil, and brown them; then broil them on a gridiron over a quick fire; serve with a sauce flavoured with pieces of lemon.

Perdreaux, Souffle depurée.—Make a *purée* like the one before mentioned, only thicker; add five or six yolks of eggs, and the whites whipped; mix all together, put into a *souffle* pan or case, and cook under a *four de campagne*. This ought not to be made till wanted, when it will be found an excellent dish.

Perdreaux à la Tartare.—Cut the birds longways in half; soak them in dissolved butter, and dust over them bread-crumbs, pepper and salt, or any spices you may like; broil them over a very slow fire, and serve them with sauce *piquante*.

Perdreaux aux Truffes.—Cut the truffles as large as filberts, brown them in butter, with salt, pepper, and any other spices; mix them with chopped fowl which has been well pounded in a mortar, and add bacon. Stuff the partridges with this, and cook them *à la braise* (page 118); when done, serve them with *ragoût de truffes* (page 122).

Perdrix.—The *perdreaux* are the young birds, the *perdrix* the old. The young are most esteemed; but some excellent dishes are made with the old.

Perdrix braisées.—Generally for this dish the oldest birds are chosen; they should be larded with bacon, and thin, long slices of veal; cover the bottom of a stewpan with thin slices of bacon (fat), and place your birds on this, with carrots, onions, a bouquet, the trimmings of any meat, and the fore part of a rabbit broken up in a mortar; season to taste; moisten with equal quantities of *bouillon* and white wine; let them stew till perfectly tender over a very slow fire; when done, take out your birds, keep them hot, pass the liquor through a sieve, take off the fat, and add the juice of a Seville orange and the rind, grated, and pour the sauce into your dish, and serve quite hot. Instead of *bouillon*, essence of game (page 111) may be used for this dish.

Chartreuses de Perdrix.—Calculate the quantities required by the size of the mould to be used; cook in *bouillon* some carrots and turnips, then take them out and drain them in a sieve; also cook young onions, French beans, or any other sort of vegetables; arrange your partridges as described for *perdrix aux choux*; butter a mould, and place at the bottom a layer of carrots and turnips, cut in rounds the size you desire; then put another layer of other vegetables, taking care that each vegetable should be in separate layers round the side

of your mould ; put into the inside of the mould chopped cabbage, and place the partridge, with the breast downwards, in the middle ; then lay round sausages, saveloys, bacon cut in pieces, and the rest of the cabbage, to fill up the mould ; place this in a stewpan of boiling water, and when done, pour off any fat which may be at top, turn it out of the mould with great care, and serve hot.

Perdri aux Choux—another way.—Par-boil a white-heart cabbage, to blanch it ; squeeze all the water out of it, and tie it up with two partridges ; put at the bottom of the stewpan several slices of bacon, the cabbage tied up, and two saveloys, six sausages, two carrots, and two onions ; season with pepper and salt, and cover with more slices of bacon, only cut in small pieces ; cook it over a very slow fire ; when done, squeeze the cabbage in a clean cloth ; cut up the cabbage, and place it round the dish, so that to each person there may be a piece of bacon, a piece of sausage, saveloy, and partridge.

Perdrix en Surprise.—Bone the partridges, rub them in pepper and salt, and fill them with stuffing made of partridges and other game, sweetbread, truffles, mushrooms, and cocks' kidneys and combs, till you have got it to its original form ; tie it up, and put it into a stewpan to stiffen and make it firm ; let it get cold, and then lard it on the breast with fine lardoons of bacon ; then put into the stewpan the bones broken up, two slices of ham, an onion, carrots, some cloves, a bouquet, a blade of mace, two glasses of white wine, and a little grated bacon ; then over the partridges lay some slices of fat bacon, and put it over the fire for half-an-hour. Take out the partridges when quite tender, reduce the sauce, pass through a sieve, take off all the fat, and add the juice of a lemon. Young partridges may also be thus cooked ; but as they are more tender, great care should be taken, or they will be too much done.

For Preserving Hares Good.—If properly taken care of they will keep a great time, and even when the cook fancies them past eating, may be in the highest perfection,—which might not be the case if eaten when fresh killed. They are usually paunched in the field ; but hare eats better, and keeps longer if not opened for four or five days, or according to the weather.

If paunched, as soon as the hare comes in, it should be wiped on the inside quite dry with a clean soft cloth, the heart and liver taken out, and the liver sealded to keep it for the sauce or stuffing ; mix pepper and ginger together and rub the inside, and wipe it every day, and renew the pepper and ginger ; put also into the inside a

large piece of charcoal; before roasting, it should be soaked in water.

To Skin a Hare.—If your servant is not very expert, it had better be sent to the poulterer, who is accustomed to do this daily during the season. The directions given are these:—Cut the skin at the back of the first joint of the hind legs, run a knife under the sinew, and hang up the hare to a meat-hook; then open the skin down the inside of the hind-legs as far as the tail with a knife, cut the skin at the tail, and work it off the body with the hand, taking care not to tear any part of the flesh—more especially the underneath part. When you have got the skin off as far as the head, take out the fore-legs, cutting off the feet at the joint, disengage the ears by running a knife or a skewer between the skin and the head, and then pull the skin off the head, until stopped by the nose and lips; you must then detach the skin with a knife; the hind feet must then be cut off, the body opened down the middle of the belly, and the inside taken out; the liver, heart, and kidneys should be preserved, the rest thrown away, and the inside washed.

To Truss a Hare.—The hind and fore legs should be brought close to the body, and the ends should meet, through each of which a skewer should be run to keep them in their places; the head should be erect, and this is effected by placing a skewer in the mouth and running it into the back of the hare; and when on the dish, it should resemble a hare sitting. The skewers should always be removed before serving.

To Bone a Hare well is extremely difficult. The operation should be done from the inside. The hare should be laid on a table on its back, the meat separated from the chine or back-bone, and laid on either side; this must be done with a finely-pointed, very sharp knife. Great care should be taken that the outside skin is not fractured. When all the meat is detached on either side, the knife should be worked under the bone to detach it from the skin that covers it; and it is therefore better to begin at the tail and work up to the head. When you have arrived at the neck, you must break off the back-bone at one of the joints of the neck. As we have before said, it requires great care not to injure or cut the skin. The legs must be boned by working a very finely-pointed sharp knife close to the bone, and under the flesh, so as to get at the joint, which must be cut with a sharp knife and the bone drawn out; or the leg may be cut open, the bone taken out, and then sewn up again; the shoulder must be cut open, the bone extracted, and the meat sewn up. The place, or orifice where the bone has been removed, is usually filled with force-

meat, to give the natural form to the hare. Unless you are sure to be able to accomplish boning, send it to your poulterer, who will do it at a small cost, and save you the trouble.

To Roast a Hare, English fashion.—Having skinned, let it be extremely well washed, and then soaked an hour or two in water, and if old, let it lie in vinegar to make it tender, after which wash it well again in water.

A hare will take about an hour and a-half to roast; it should be basted with good butter all the time it is roasting, and five minutes before it is done it should be dredged with fine dry flour. Make the following stuffing:—About three handfuls of bread-crumbs, one of beef-suet chopped very fine, a little lemon, thyme, parsley, and two eggs; work all this well in a mortar, roll it up, and stuff the inside of the hare with it; cover the back of the hare with slices of fat bacon to keep it moist. Serve it with gravy in the dish, and currant-jelly in a tureen.

Jugged Hare.—Cut the hare into small pieces, and put them into an earthen jar, with about half a pound of the best bacon and ham, cut into small pieces, season with pepper and salt, a blade of mace, an onion, stuck well with six or eight cloves, and a bunch of sweet herbs; tie up the jar quite close with a bladder, set it in a saucepan of boiling water, and let it stew for three hours; take out the onion and the sweet herbs, put in one wine-glassful of port wine, and serve very hot.

Lièvre à l'Anglaise.—After it is skinned, stuff with crumbs of bread soaked in milk, and pounded in a mortar, to which must be added the yolks of raw eggs, salt, pepper, allspice, a chopped onion, browned in butter, and sago in powder; it is then placed on the spit and covered with slices of fat bacon enveloped in buttered paper, and roasted for an hour and a-half; the paper and the slices of bacon are taken off, and the hare served with *sauce piquante*, or any other high seasoned sauce, or currant jelly.

The same, en boudin.—Pound well the flesh of a hare and the same weight of calf's udder, previously cooked, and crumbs of bread dipped in *bouillon*; mix the whole together, and then add parsley, shalots, thyme, and any spice in powder, salt, pepper, the yolks of eggs, and some whites to make it stick together; roll out this paste and make it into the size and form of sausages; rub them in fine bread-crumbs, and broil them over a slow fire, or colour them under a *four de compagne*; sometimes they are glazed and served with game sauce (page 111).

Lièvre en civet.—Preserve the liver and the blood, and cut up the hare into pieces; take half a pound of bacon, cut small, put it into a stewpan with some butter and brown it; add the hare; dust in some flour; when sufficiently coloured, moisten with *bouillon* or water and red wine, and add a bouquet of parsley, salt and pepper; when it boils, withdraw it from the fire and skim it, then add mushrooms, and, half an hour after, small onions that have been browned in butter, and the liver, from which the gall-bladder has been extracted, take off all fat, and when the whole is done, pass the blood through a sieve, and turn it into the stewpan for a moment before serving, and when the ebullition has subsided, or it will curdle.

The Germans add, just before the civet is cooked "*au point*," a glass of strong vinegar, with capers and sugar; serve it on fried crutons; and this is called *civet à l'Allemande*.

Lièvre des cuisses en poivrades.—Take a certain number of legs of roasted hares and remove the bones; they are then cooked in a demi-glaze; lay tastefully round a dish, and sauce *poivrade* (page 113) placed in the middle; or, if liked, serve with tomato sauce, or any other in which there is lemon or vinegar.

Lièvre en daube.—Bone the hare entirely; put it into a stewpan, the bottom of which is covered with slices of fat bacon; add salt, pepper carrots, onions, and a bouquet; moisten with equal quantities of white wine and *bouillon*; add the bones broken up, half a knuckle of veal, and cover the whole with slices of bacon, and cook it for one hour and a-half; take out the hare, keep it hot; pass the liquor in which it has been cooked through a sieve, reduce it, and pour over the hare, and serve hot; it may also be left till cold and served with the jelly.

The same, en emineées.—Put into a stewpan mushrooms, and truffles cut small, with some butter, and white or red wine, and reduce the sauce; then add the meat of the cold roast hare, chopped up as fine as possible, and warm it and serve with fried crutons; just before serving, add the juice of a lemon.

The same, en Gâteau.—Chop up all the flesh of a roast hare, and put it into a mortar, with the same weight of cooked calf's udder, and pound them together with crumb of bread boiled in *bouillon*, pepper, salt, parsley, shalots, thyme, bay-leaf, all chopped fine, and the yolks of raw eggs; mix well together; garnish a tin mould with slices of fat bacon, and put in the above compound; cook it in the oven or in boiling water; when done let it get cold; turn it out; dip the mould

in boiling water for an instant; take off the bacon after it is turned out, and cover the cake with raspings.

Rabbits, although not in England strictly considered game, usually find a place in that department of all books on cookery. Their cheapness and excellence induce us to give more receipts upon the subject than otherwise they would require; and as they form an important item of commerce, and many thousands arrive annually from Belgium, we think it a pity that their uses should not be more extensively known. In England, they are usually boiled with parsley and butter or onion sauce, and none of those good dishes made of them which are so common with the French.

To roast a rabbit the English fashion.—Stuff the rabbit, and preserve the liver; put the rabbit to the fire to roast, baste it well with butter, and dredge it with some fine flour, three minutes before it is done; half an hour will be sufficient to cook it, if the fire is very clear and quick; and if the rabbit should be very small, twenty minutes will be sufficient for the roasting. For the sauce, take the liver with a bunch of parsley, boil and chop them very fine together; melt some butter in the English mode, and put half the liver and parsley into the butter; pour it into the dish, and garnish the dish with the other half.

For boiling.—Skewer them with the head upright, the fore-legs brought down, and the hind-legs straight; boil them at least three quarters of an hour; smother them with onion sauce, or parsley and butter, or take the livers when boiled, bruise with a spoon very fine, taking out all the strings; put to this some good veal stock, a little parsley shred fine, season with mace and nutmeg, thicken with flour and butter, and a little white wine; let the sauce be of good thickness, and pour it over the rabbit.

Filet de Lapercaux à la Chicorée.—Take all the flesh of a roasted rabbit; chop the endive (page 123), and add the essence of game, made as follows:—Take the remains of any game, with an equal quantity of beef and veal; salt, pepper, mace nutmeg, cloves, bay-leaf, and parsley, garlic, shalots, and morels; some white wine, a little vinegar, and the juice of two lemons; when on the eve of boiling, slacken the fire, and leave it on the hot cinders for six or seven hours; pass it through a sieve, and filter it; warm the fillets by the side of the fire, but do not let them boil.

Civet de Lapin.—Take a rabbit, and cut it in half across the back, so as to leave the two legs and the loins for roasting; cut up the rest in small pieces, and put them into a stewpan, with

butter, and brown them; then dust in as much flour as the butter will absorb, stirring all the time; add a little good *bouillon* or water, some hearts of young onions, and mushrooms; simmer till the rabbit is quite tender, and serve very hot. The hind legs, larded and roasted, and served with gravy in the dish, will be found very good.

Fried Rabbit, with mushrooms.—Cut a rabbit into joints, and fry till of a fine light brown. Take out the rabbit; then make a *roux*; add a little gravy and two dozen mushrooms prepared and soaked in vinegar and water. Arrange the rabbit round a dish, and put the sauce in the middle. This is also very good with fried onions.

Lapin en croquettes.—Chop up the rabbit in pieces as large as a walnut; roll them in bread-crumbs and eggs, and fry in oil; serve with fried parsley.

Salade de lapereaux.—Take the fillets of three or four roasted rabbits; then put into the salad bowl some endive picked very small, and washed very clean, and dried in a basket or with a cloth; garnish with anchovies, tarragon, fine herbs, shalots; then just before serving, add the salad dressing (page 106), or Mayonaise sauce (page 89).

Friture de Lapin.—Cut up the rabbit in pieces; soak them for two hours in white acid wine, to which add the juice of a lemon, thyme, bay-leaf, garlic, chopped up, pepper and salt; let them drain, dip them in water and fry; serve with piquante sauce (page 105).

Mauviettes—(*Larks*.)—Bone, and fill them with stuffing, in which put the chopped livers, with some truffles; envelop each lark in an oiled paper, in the bottom of which you place a little of the stuffing; place the lark upon it, covered with a slice of bacon, and then envelop it in another buttered paper. You must cook on a dish over a charcoal stove, with a *four de campagne* over, on which you must put charcoal embers; before serving, take off the fat, and pour over them any of the sauces you judge convenient.

Golden Plover.—These birds, not drawn, are dressed like woodcocks, and served upon a toast. They are considered by most people equal to the woodcock.

Snipes are cooked in every respect like woodcocks.

Grouse.—These birds are roasted with a toast under; when cooked, a little thin melted butter should be poured over them, and served very hot. Bread sauce (page 103) should be served in a tureen. Some people, instead of buttered toast, place fine raspings round the dish.

Black Cock and Gray Hen—Should be dressed like grouse, only more time will be required for cooking, they being larger birds.

CHAPTER XVII.

EGGS.

ALTHOUGH in England eggs are for the most part either boiled, fried, or poached, they deserve a chapter to themselves, not only because there are many ways of dressing them, but on account of the nourishment they afford.

To boil an egg soft.—Place it in boiling water, and continue to boil it for three minutes.

To fry eggs hard, ten minutes are required.

To poach eggs.—Always use a frying-pan filled with water. The water should boil, and the eggs be broken into a cup, and poured into the boiling water. The instant the white sets, the egg should be carefully taken out with a clean fish-slice and placed on the toast, or any other object with which it is to be served.

To fry eggs.—A little fresh butter should be put into a delicately clean frying-pan, and as soon as dissolved the egg should be poured in from a cup. When the white is firm the egg should be taken out with a slice, held over the pan to let the fat drop from it, and placed on the toast or dish.

Buttered eggs.—Break and beat up from four to six eggs; add pepper and salt; put into a stewpan with a small piece of butter, and keep continually stirring until they begin to thicken; have ready a round of buttered toast cut into small pieces; pour the eggs on it, and serve quite hot.

Ragout of eggs and onions.—Take out the yolks of hard-boiled eggs, and cut the whites into slices, with fried sliced onions; add pepper, salt, and a little good gravy. Fry the whole, and before serving add the yolks; or cut yolks and whites together, fry the onions, and warm all up in a little rich gravy; but the first is the best plan.

Egg croquettes.—Boil the eggs hard; chop up the whites fine; pound the yolks; add chopped parsley, and some sauce *à la crème* (page 117) well reduced; season to taste; make them into balls; roll them into bread-crumbs; rub over the yolk of a raw egg; rub them again in bread-crumbs; fry them in oil, and serve with fried parsley.

Fondue.—Beat up eight eggs; then add a third of their weight of Parmesan cheese (an egg weighs 2 oz., thus 8 go to a lb.), and one ounce of butter; pour this into a stew-pan over a quick fire, and keep continually stirring with a wooden spoon. When the mixture is

sufficiently thick and smooth add a little salt and pepper, and serve quite hot.

Eggs au beurre noir.—Put some butter into a frying-pan, and when it is quite hot, and beginning to colour, break the eggs separately, and put them in the pan. As soon as they are set add a little salt, pepper (some use a little grated nutmeg), and the juice of a lemon or a little vinegar. Serve very hot.

Eggs brouillés.—The eggs being well beaten, and seasoned with pepper and salt, dissolve in a frying-pan some butter, and when hot pour in the eggs, and keep stirring till set; add a spoonful of cream, and just before serving a little lemon juice.

The same, au confiture.—The same as above, but add preserve instead of pepper and salt.

The same, au jambon.—Cold ham is chopped up into small pieces, and, with a little gravy, added to the eggs. It may be varied with truffles, mushrooms, sweetbread, &c.

The same, au jus.—Add gravy to the eggs

The same, aux pointes d'asperges.—The tops of asparagus, which have been previously cooked, are added; and boiled cucumbers cut into dice, or cauliflower cut into little pieces, make a variety.

Eggs à la crème.—Dissolve in a stew-pan some butter, with chopped parsley, salt and pepper, one spoonful of flour stirred well in, and a glass of cream; when quite done, and the raw taste of the flour is gone, cut hard-boiled eggs in slices, and warm them in the sauce. Serve hot.

Eggs en croquettes.—Make a thick sauce with butter, flour, and cream; season with young onions and fresh parsley, chopped very fine; cut up the whites and the yolks of hard-boiled eggs, and warm up together; when cold, divide with a spoon into balls, and roll them in crumbs of bread; then cover with raw whites of eggs well beaten up; roll in bread-crumbs, fry in oil, and serve with sauce à la crème (page 117).

Eggs sur le grille.—Beat up eggs, and season with parsley and young onions chopped fine, a little pepper and salt, and some raspings; put into well-buttered paper cases, and cook upon a gridiron over a slow fire; serve in the cases very hot. This is an excellent dish, and being speedily prepared, conveniently makes up a dinner.

Eggs farcis (stuffed eggs).—Boil some eggs hard, and cut them long-ways in two, but not quite in the centre,—one side should be larger than the other; take out the yolks, which pound in a mortar with bread-crumbs (boiled in cream), and an equal quantity of butter, two

yolks of raw eggs, salt and pepper ; fill the whites with this stuffing, and give them their original form ; rub a little dissolved butter over them, and cover them with fine bread ; put the rest of the stuffing in a dish that will stand the fire ; arrange the eggs tastefully in it, and place on a stove with a *four de campagne* over it. When of good colour serve very hot.

Eggs with cheese.—Put into a metal dish equal parts of grated Parmesan cheese and bread-crumbs ; upon these break the eggs, and arrange them, placing over them cheese, pepper, and nutmeg ; cook over a very slow charcoal fire, and brown the top with a salamander.

Eggs au gratin.—Take a metal dish ; make a mixture of bread-crumbs, anchovies washed, scaled, and boned, young onions, shallots chopped fine, a small piece of butter, and three yolks of eggs ; make a stuffing of this, and lay it over the bottom of the dish ; season to taste ; break the eggs and place them upon this ; put the dish over a slow fire, and colour the top with a salamander ; dust over a little salt and pepper, and serve very hot.

Œufs sur le plat.—Break the eggs into a plate or dish, well buttered ; season with pepper and a little salt, and then pour over a little dissolved butter, with or without a spoonful of cream ; place the dish upon a stove, and serve when the whites of the eggs are set.

Œufs à la Provençale.—Put into a frying-pan some fine salad oil, and make it boil ; break the eggs separately, and put them in one by one, and while they are cooking powder them with a little salt ; should they rise, they must be flattened with a spoon ; when done, take them out, and drain off the fat ; cook some pieces of bread, cut the same size as the eggs, in the same oil, and serve the eggs upon them with sauce Espagnole, into which introduce slices of lemon, and garnish with slices of hard-boiled eggs, cut round.

Œufs à la Tartufe—Cut some bacon in very thin slices and put it into a stew-pan with a little butter ; when sufficiently done, lay the slices on the bottom of a dish, pour over the butter, and break the eggs on the bacon ; powder them with a little salt, pepper, and nutmeg ; cook them at a very slow fire, and brown the top with a salamander.

Œufs à la Tripe.—Cut some Portugal onions in slices, and brown them in butter ; moisten with a little cream or milk, season, and take care that the onions are well cooked ; then add slices of hard-boiled eggs, and warm the eggs in the same sauce, without allowing it to boil.

Omelette aux confitures.—Break six or eight eggs separately, in order to detect a bad one ; beat them with about two table-spoonfuls of

cold water; while beating them, put into a frying-pan a little fresh butter, and as soon as it is dissolved put in the omelette, which will be done the moment it begins to thicken; then lay, on one half of the omelette, the preserve you are about to use; give a smart tap to the handle of the pan, and the omelette will half turn and cover up the preserve you have put on the other half; or fold it with a slice over the preserve, and serve. An omelette ought never to be browned or solid; it should be yellow, and liquid in the centre.

Omelette panée.—Should eggs be scarce, it is very convenient to mix fine bread-crumbs and milk or cream together, and use it with half the quantity of eggs. If you want an omelette of eight eggs, and have only four, take equal quantities of eggs, bread-crumbs, and milk, and beat them well together, adding two table-spoonfuls of cold water, and a small piece of butter, and when half beaten, add chopped parsley and young onions in proportion of two-thirds of the former and one-third of the latter; continue beating, and season with pepper and salt; then put into the omelette pan about one ounce of the best fresh butter. As soon as this is dissolved, pour in the omelette mixture, taking care, by using a slice, that it does not stick to the pan. As soon as it begins to set and get thick, give, as before described, a knock with the slice on the handle of your omelette pan, and it will turn in half, or fold it with the slice. We have before said that the best mode of frying an omelette is by putting lighted paper under the pan, until it is cooked.

Omelette au Rognon.—This is made precisely like the above, except that the kidneys are cut up into small pieces and put into the mixture, and instead of butter the kidney fat is dissolved in the omelette pan. Some cooks, before they put in the beaten eggs, fry slices of kidney in order that they may be better done, and pour the eggs on them, stirring them well together. The moment the eggs are set, fold your omelette in half, as before described, and serve it very hot.

Omelette au Lard.—Cut bacon in small pieces, and fry them in an omelette pan. The eggs are beaten up with a little butter, and sometimes with chopped parsley and young onions in equal quantities. When the bacon is sufficiently cooked, the eggs, &c. so prepared, are poured into the omelette pan, and cooked as before directed.

Omelette soufflée is one of the best preparations of eggs, but the difficulty of making it is the cause of its being so seldom seen in England. Beat up in a basin the yolks of six fresh eggs, with a quarter of a pound of pounded loaf sugar, and a table-spoonful of orange-flower water; these should be beaten well and lightly, and

should resemble thick cream when finished. Beat well in another basin the whites of eight or nine eggs, which, when of a good consistence (*i.e.* stiff enough to hold a spoon), mix with the yolks; dissolve some fresh butter in an omelette pan, pour in the eggs so prepared; the moment it begins to take colour, it must be put into a *soufflée* pan, which must be kept hot over cinders, and the omelette covered with a *four de campagne*, on which more cinders must be put. In France they have deep-plated pans made on purpose, in which the *soufflée* is sent to table. If you have not one of these dishes, the tin ring used for cakes, lined with white paper, may be used.

Omelette aux Truffles.—This omelette, which is considered exquisite by the lovers of truffles, is easily made. The truffles (the black sort) are cut in slices, put into a *sauté* pan with butter, to which is added the *sauce Espagnole* (page 114), and when done—that is, tender—the beaten eggs are poured into the pan; when set, the omelette is turned, or folded in half, and served.

Omelette au Thon.—We give this receipt upon the authority of Brillat Savarin, who declares it to be the *ne plus ultra* of good things. The tunny fish is to be obtained at the Italian warehouses, preserved in oil, and is considered a great delicacy. The omelette is prepared as follows:—For six persons, take two soft roes of carp, wash them well, and throw them into boiling salt and water; add also a piece of the tunny fish and a shallot finely chopped. After they have been in the boiling water for five minutes, take them out, and chop them all very fine together; then put the fish into a stewpan, with a large piece of butter, chopped parsley, and young onions. When sufficiently cooked, add the juice of a lemon; then beat up twelve fresh eggs; add the above preparation; mix all well together, and place it in the omelette pan. When set, fold the omelette, and serve very hot.

CHAPTER XVIII.

VEGETABLES.

BEFORE giving receipts for cooking particular vegetables, it is necessary to lay down four general rules:—In boiling green vegetables, the saucepan should never be covered; the water should always boil; it should be well salted, and all the scum taken off, before the vege-

tables are put in; and all vegetables should be well drained, and perfectly free from moisture.

Artichokes—to boil.—The artichokes should be nicely trimmed, the stalks and points of the leaves cut off. They should then be soaked for two or three hours in strong salt and water, boiled in a large quantity of boiling water, with a handful of salt. When the bottoms are tender, the artichokes are done; they should be well drained, and served in a dish, with *sauce blanche*, or béchamel (page 102). In France they remove the choke, replace the centre leaves, and pour the sauce over.

The Same, à la Barigoule.—Prepare the artichokes as above; take out the choke, and make a stuffing as follows:—Take equal quantities of mushrooms, parsley, and shalots; chop them very fine; season with salt, pepper, and nutmeg, and mix with some butter; put into a stewpan some oil, and fry the stuffing in it; then fill the artichokes with this stuffing; replace the inside leaves, and put them into a stewpan, with slices of bacon at the bottom; moisten with half a glass of *bouillon* and half a glass of wine; cook over a very slow fire, and, a quarter of an hour before serving, put hot charcoal on the cover to brown the leaves. This sauce may be made entirely without butter, by the use of olive oil, and the *bouillon* may be supplied by water, or *bouillon maigre*.

The same, à l'Espagnole.—Arrange precisely as in the first receipt; then serve them with *sauce Espagnole* (page 114) poured over them.

The same, aux fines herbes.—Boiled as in the first receipt; the sauce is prepared as follows:—Make a *roux*, and moisten it with *bouillon*, in which put fine herbs, such as parsley, young onions, chervil, and tarragon, fresh picked and finely chopped; let it boil a few minutes, and pour it over the artichokes.

The same, fried.—After they are boiled, and the leaves taken off, dip them into a rich light batter, and fry them a beautiful gold colour. In France they take the young artichokes, and after cutting them in pieces, and throwing them into salt and water to kill the insects, fry them as before described.

The same, glacés.—Cut the artichokes into four, and take out the choke; dissolve some butter (or oil) in a stewpan; put in the artichokes; sprinkle over some salt, and fry to a good colour; place them in a dish, with the leaves underneath, for the glazed side to be shown, and pour over the butter from the stewpan in which they have been cooked.

The same, with Sauce Italienne.—Cut the artichokes into four; rub

each part with lemon juice, and cook them in boiling water, to which add salt and the juice of a lemon; when done, serve with *sauce Italienne* (page 108).

The same, à la Lyonnaise.—The artiebokes must be cut into four, washed, soaked in water, and put into a stewpan, with a good lump of butter. Cook over a quick fire, with fire on the cover of the stewpan. They should be very white, be served with the butter in which they have been cooked, and seasoned with pepper and salt.

The same, à la Provençale.—The same, but oil is used instead of butter.

The same, au Velouté.—The same, with *sauce velouté* (p. 116).

The same, en canape.—After being boiled, take off the leaves, and rub the bottoms with the juice of a lemon; fill them with chopped parsley, hard-boiled yolks of eggs; truffles, cooked and chopped up; capers; slices of anchovies, and slices of nicely boiled carrots. Put into a dish some more chopped parsley and onions, and some oil and vinegar. Arrange the artiebokes nicely, and serve cold.

The same, à la poivrade.—The artiebokes are taken very young, and eaten raw, with parsley and young onions chopped very fine, oil, vinegar, pepper, and salt.

Cold boiled artiebokes are also commonly eaten in this way, and form a most excellent dish, instead of salad.

Asparagus.—This vegetable is, in England, simply boiled, and served with melted butter.

To boil Asparagus.—Scrape, tie up in bundles, and cut off the ends; boil them till the ends are tender, which will be from twenty to twenty-five minutes, if very young, and lay them on a slice of buttered toast; untie the string, and serve with good melted butter, in a boat. In France, asparagus is eaten cold, with oil and vinegar, pepper and salt.

The same, like Green Pease.—The young green sprew is cut in small pieces, and cooked as the *petits pois à la bourgeois*, which see.

Cardoons.—Wash and cut them in pieces from two to four inches long; boil in boiling water, and serve them in *sauce Béchamelle*. After they are boiled, they may be stewed in a rich gravy.

Cardons en Croustades.—Boil tender, and rub through a sieve; then cut some crutons very thick; take out the crumb on one side, and after having browned them in butter, fill up the inside with the *purée*, into which work a good piece of butter, and serve very hot.

Cardons à l'Espagnole.—Prepare the cardoons as in the first receipt; but instead of boiling them in water stew them in equal quantities

of *bouillon* and sauce Espagnole (page 114). The sauce should be reduced one-half, and poured over the cardoons.

Cardons au Fromage.—Make a good white sauce, or Béchamelle (page 102); add grated Parmesan cheese; place the cardoons, that have been previously boiled, on the dish; pour over the sauce; then add more grated cheese and bread-crumbs, and cover them over with a *four de campagne*.

Cardons au Velouté.—These are prepared as for boiling, and stewed in *sauce velouté* (page 116).

Carrots.—Sufficient attention has not been paid to this most excellent root, which is seldom seen at English tables, except with boiled beef and mutton. The quantity of saccharine matter they contain renders them highly nutritious. Great care, however, should be taken that they are sufficiently cooked; or they will be found unwholesome and indigestible. They should never be put into cold water to boil, or they will, of necessity, be hard. The water should boil, and the carrots being well scraped, washed, and all black specks and decayed parts cut away, should be kept boiling till perfectly tender. The time required will depend upon the freshness of the vegetable, varying from twenty minutes, if very young, to one hour; and one hour-and-a-half, if old and a long time gathered.

Carottes à la Flamande.—Cut the carrots in slices; throw them into boiling water, to blanch; drain and put them into a stewpan, with a large lump of butter, and brown them. Moisten with *bouillon*; season with salt and one lump of sugar; reduce the sauce to a glaze; then put in a piece of butter, fine herbs, and a little *sauce tournée* (page 116). Boil it up again, and serve with fried crutons.

The same, à la maître d'hôtel.—Cut the carrots in pieces about the size and shape of a wine-bottle cork; cook them in water and *bouillon*, salt and butter; when perfectly tender, take them out, and drain them; then put into a *sauté* pan some butter, chopped parsley, pepper, and salt; warm the carrots up in this, and pour the sauce over.

Same au Sucre.—Cook the carrots in boiling water; dry them in a stewpan; mash them up, and moisten them with milk and arrow-root, to which add orange-flower water, sweeten with powdered sugar; mix with them eggs, in the proportion of one-third more yolks than whites, the latter of which must be well beaten with some good fresh butter, and must be added only a moment before the dish which contains the mixture is placed in the oven, or under the *four de campagne*. It is then to be turned out into a deep dish, with finely-powdered sugar, and served very hot.

Celery.—Carefully wash the heads of celery in several waters, and cut them in pieces from two to three inches long; then throw them into boiling salt and water for five or ten minutes; take them out, and throw them into cold water for a minute or two, and drain them on a sieve. Put into a stewpan a large piece of butter and the celery; dust over them some fine flour; moisten with *bouillon*; and season with pepper, salt, and nutmeg. When cooked, add two or three spoonfuls of coulis (page 110), or *jus* (page 112), and serve very hot.

Celery à l'Espagnole.—Prepare as before, and when drained, put the celery into a stewpan with some pepper, butter, sauce Espagnole (page 114), and *consommé*. Cook over a quick fire, and when tender, serve very hot, with the sauce poured over. Celery may also be simply boiled, and when tender, put on the dish with bechamel sauce (page 102).

Celery frit.—Boil as before, and drain; dip in batter, and fry a beautiful gold colour in oil; serve very hot, with powdered sugar or fine salt.

Celery aux petits pois.—Cut the celery into very small pieces, the size of peas; half-boil and drain; then stew with butter, and dust over a little flour; moisten with *bouillon*; reduce the sauce; add a *liaison* of yolks of eggs, and serve with fried crutons.

Celery au Velouté.—Cut the celery in pieces; blanch and cook in boiling salt and water; when quite tender, chop them up like spinach; squeeze dry, and put into a stewpan with butter, pepper, salt, and nutmeg; moisten with a little *bouillon* and *sauce velouté* (page 116); reduce the whole to a proper consistence, and serve very hot, garnished with fried crutons.

Mushrooms.—Of all the fungus tribe, there is, perhaps, nothing that adds more to the excellence of the kitchen and the enrichment of almost all dishes, than the mushroom. Great care, however, should be taken that the mushroom is the true one; for there are so many fungi which so nearly resemble them, that are not only pernicious, but absolutely destructive to human existence. Before cooking, mushrooms should be peeled and soaked in vinegar and water for an hour.

Champignons à la Bordelaise.—Use the large mushrooms, after being peeled, and thrown into vinegar and water; soak them in salad oil and salt and pepper; broil over a slow fire on both sides. The oil should then be made hot in a stewpan, with chopped shalots and parsley, and when the shalots are quite done, the sauce should be poured over the broiled mushrooms, and served very hot.

The same, aux fines herbes.—The mushrooms are to be prepared as above; the stalks chopped with parsley, shalots, gherkins, capers, salt and pepper, and some salad oil; fill the inside of the mushroom with this stuffing; put over it some fine raspings, and put into a dish over a very slow fire, and a *four de campagne* over it; put the dish into the oven, and serve very hot.

The same, au gratin.—Stew with butter and some truffles, parsley, shalots, and small mushrooms, chopped very fine; dust in some flour, and moisten with *bouillon*, or a little *jus* (page 112); season, and reduce the sauce; put it on a dish; cover it over with raspings, and place over a slow fire, covered with a *four de campagne*, or in an oven, or on scollope shells, having first covered the preparation with raspings, and serve hot.

The same, à la Provençale.—Pick and cut into bits the mushrooms, soak them in oil, salt, pepper, and a *soupeçon* of garlic. Put into a stewpan. When of a good colour, put in two pinches of chopped parsley, the erutons, and the juice of a lemon; serve hot.

Croute aux Champignons.—Stew the mushrooms with some butter and a bouquet of parsley; dust over some fine flour; moisten with a little *bouillon* or water; season, and give them a boil up; reduce the fire, and let them stew very slowly. Before serving, take out the bouquet, and add a *liaison* of the yolks of eggs, and serve them on the croute, such as are described for the truffles (which see).

Cabbages.—Great care should be taken in washing cabbages. To expel insects, the cabbage should be soaked in strong salt and water for two or three hours, and even then every leaf should be inspected. The simple mode of boiling cabbages is the one most generally in use. Cabbages should be boiled in plenty of water, well salted, and the stalks should be quite tender, or the vegetable is very indigestible and unwholesome; when done, they should be put into a colander, and every drop of water pressed out of them. Cold cabbage—that is, the cabbage left from the day before—chopped up, and fried with butter, pepper, and salt, is better than simply boiled cabbage, and with the addition of carrots, is very much improved.

Rice and Cabbage—see page 155.

Choux à la crème.—Take a cold cabbage, and chop it up; season with pepper, salt, and grated nutmeg; stew it in butter, and moisten with some good cream; stir it well; make it hot at a very slow fire; and take care that the cream and the cabbage are well amalgamated.

Sourkrout—is a favourite German dish. The cabbages are cut in slices, washed, put into a barrel, covered with salt, and left

to ferment. When required for cooking, the sourkrout should be soaked in clear water for an hour; then taken out, and soaked again for another hour; and it will be better if the water is changed four or five times in the two hours. It should then be well drained, and put into a stewpan, with bacon cut up very small, thin slices of pork sausages, and saveloys; it must be moistened with *bouillon*, a little gravy, or goose grease, and cooked over a very slow fire, and served with the bacon, sausages, and saveloys; the two latter ought to be skinned, and placed on the top of the sourkrout.

Chou Farci—Stuffed Cabbage.—Choose a large, fine cabbage; take off the outside leaves, and soak for two hours in strong salt and water; shake out all the moisture, and put it whole into boiling water for a quarter of an hour; let it drain, squeezing it gently with the hands; take out the inside, which fill with stuffing of sausage-meat and chestnuts. Cover the stuffing with one of the leaves and tie up the cabbage. Cover the bottom of a stewpan with slices of bacon; the cabbage, covered at the top with other slices of bacon; put round put in it the trimmings of any meat, carrots and onions; moisten with *bouillon* and a little white wine; stew it over a slow fire. When the cabbage is done, and the sauce reduced, take out the cabbage; untie it; place it on the dish, and pass the sauce through a sieve; pour it over your cabbage, and serve hot.

Chou au lard.—Parboil the cabbage, and cut it in quarters; put it into a stewpan with some salt pork and a german sausage; moisten with water, season, give it a boil, and simmer till done. Put the cabbage into a dish, and the pork over it; place the sauce again on a quick fire, and when it boils, add a little flour and butter; boil it up, and pour it over the cabbage.

Red Cabbage—should be cooked in *bouillon* and water, chopped up, and again put into a stewpan, with butter, pepper, salt, and any other seasoning, stirred often, and served very hot. It will be found very good. The Germans chop it up very fine, and put it into a stewpan with the *bouillon*, powdered sugar, salt, pepper, and nutmeg, all in small quantities; they cook it over a very slow fire for a long time, and just before serving, add vinegar.

The same, à la Flamande.—The red cabbage is cut in four or six pieces, according to size, and these again into slices, and parboiled in boiling water, well salted; then it is well drained, and put into a stewpan with two ounces of butter, thyme, bay-leaves, cloves, pepper and salt, cooked over a quick fire, and kept continually stirred for

about ten minutes or a quarter of an hour. Then the fire is diminished under the stewpan, and hot cinders of chareoal put on the cover, or a *four de campagne* placed over it for a quarter of an hour. Great care must be taken not to burn this, by stirring it occasionally. Just before serving it, add a little butter.

The same, à la Hollandaise.—Cut up the cabbage very fine; add apples cut in slices, butter, salt, pepper, and a little water to moisten it; put over a slow fire for three hours; care must be taken that it is neither browned nor burnt during the cooking.

Chou fleurs, or cauliflowers, are in England simply boiled, and eaten with many dishes, and melted-butter is generally served with them. In France they are served as an *entrée*, and dressed in many ways. Great care should be taken in washing cauliflowers, which should be soaked for two or three hours in strong salt and water, to kill the insects. The water should be boiling, and have a small handful of salt put into it, and all seum taken off, and the ebullition must continue all the time it is being cooked. The great difficulty of boiling a cauliflower is, that it should be sufficiently done, but crisp; if it is boiled too much it becomes extremely disagreeable. It is impossible to state the exact time it requires; but the rule is that the moment a fork will enter with ease into the stalk, the vegetable is done.

The same, frit.—Before it is boiled it should be washed, cut in pieces, and soaked in a marinade of salt, vinegar and parsley, then boiled as before described, taken out, drained, and dipped in a French batter, and fried in oil.

The same, au fromage, or cauliflower and cheese.—Take off all the green parts of two heads of cauliflowers; boil them in a common way; break off the branches, and lay them in a deep dish in layers; take half a pint of thin cream, and one egg, pepper, and salt; beat all together; grate some cheese as for macaroni, and shake it well over the cauliflower; then put the cream and egg over it, then shake a little more grated cheese on the top of the cauliflower, and bake it half-an-hour.

The same, à la Sauce Blanche, ou au jus.—Pick the cauliflower to pieces, boil it as before described; when done, pour over it the bechamel, or *sauce blanche*, (page 102), or French gravy (page 112).

Vegetable Marrows are usually boiled, then cut in half, the seeds taken out, and served on a toast like asparagus, with melted butter. They are also very good if boiled, the seeds taken out, stuffed and stewed in rich gravy.

The same, à la Crème.—Cut open the vegetable marrows, take out the seeds, cut them up into large dice, boil them in boiling water,

well salted; take them out, drain them and wipe them with a soft dry cloth; prepare the *sauce à la crème* (page 117), and warm up the vegetable marrows in the sauce, but do not let them boil, and serve them quite hot.

The same, à l'Espanole.—Take middling sized vegetable marrows, cut them in four, that is, down the centre, and then in half each side, shape them to taste; take out the seeds, and boil as before described; lay them on a soft cloth to drain; shortly before serving, put them into a stewpan with salt, pepper, and any other spice, and moisten with the worked *sauce Espanole* (page 114), and reduce it one-third; place your vegetables nicely in your dish, and pour the sauce over.

The same, farcis.—Take the vegetable marrows and scrape out all the seeds with a small spoon, by making a hole at one end; fill the vegetable marrows with the French stuffing (page 119), and cut a piece of turnip in the shape of a cork, to stop up the hole with; put over the bottom of a stewpan slices of bacon, put in the vegetable marrow, moisten with *bouillon* or water, cook it over a very slow fire; just before serving, let it drain, but keep it hot, reduce the sauce, pass it through a sieve, and pour it over, or you may serve it with *sauce tomate* (page 108).

The same, au Gras.—Cut into large dice and boil in boiling water, well salted, drain; stew in butter, but do not let them take any colour; dust over them flour moistened with *bouillon*; season to taste; cook over a slow fire; when done, take out and reduce the sauce by quick boiling, pass it through a sieve, and pour over the vegetable marrows.

The same, panée.—Stuff as before directed, and cover with bread-crumbs, and put under a *four de campagne*, or into the oven to bake; when done, cover with the *sauce à la crème* (page 117).

Spinach requires careful washing, each leaf being separately examined and thrown into a pan of cold water to soak; pick the leaves from the stalks, and throw them again into cold water, in which is put a handful of salt; the spinach being then picked should be taken out of the water, shaken, and put into a colander; it should then be put on the fire in a stewpan, an enamelled one we prefer, and allowed to boil, without any water, there being always sufficient water adhering thereto to cook it perfectly; when done, which will be in about twenty minutes, take it out of the stewpan and squeeze all moisture from it in a colander with a plate, or between two plates; it should then be chopped very fine; if there be any moisture, this again should be poured off; it is then ready to cook. In this way it is sold

in France ready for the cook. With us it is now returned into a smaller stewpan, in which a piece of butter has been dissolved, stirred till quite hot, seasoned with pepper and salt, and sent to table. Some add fine bread-crumbs, and others serve it with poached eggs on the top, and some with toasted bread round it. It is sometimes placed round roast and boiled lamb, and many other dishes.

Epinards à l'Anglais.—This is one of the French ideas how spinach is cooked in this country. Pick, wash, and chop up, but not very small, the raw spinach, put it into a stewpan with some butter, salt, pepper, and nutmeg, then add a little more butter, and a little water, and serve it with fried bread crutons.

Epinards à la Crème.—After the spinach is cooked and chopped as in our first receipt, put into a stewpan about two oz. of butter, some pepper and salt, moisten with some good cream, and put in a small lump of loaf sugar; stir continually, and serve with crutons.

The same, au jus.—The same as the above, except that after the pepper and salt, you must add one table-spoonful of flour; you must moisten it with either *bouillon* or *jus* (page 112), and serve it with fried crutons.

Endive.—Under the title “chicorce” this is used in France as spinach, and is equally as good. The leaves are picked from the stalks, boiled, and the water pressed out. They are then chopped up, and cooked as spinach (which *see*). However, it is necessary to boil endive much longer than spinach, in order that it may be perfectly tender.

Broad Beans.—These should be shelled and boiled in salt and water; when tender, they are done; the pot in which they are boiled should not be covered; they should then be put into a colander, well drained, and served very hot; parsley and butter is always served in England in a sauce-boat to be eaten with them.

The French, when beans are young, take off the eyes, and when old skin them; they are then boiled in salt and water, and thrown into cold water, then put in a stewpan with some butter, a bouquet of parsley, and salt and pepper, moistened with *bouillon* and water, seasoned to taste; and when sufficiently cooked a *liaison* of yolks of eggs and a little sugar are added.

French Beans (called by the French *Des Haricots*).—In France the seeds are more frequently used than the green shell. In England they are cooked only in one way, that is, simply boiled; in France they have five or six different modes of preparation. The green shell should be cut at each end, and the strings pulled off, and then cut down the

middle and divided into four or six pieces, according to taste, and thrown into cold water to wash; put them into boiling salt and water, by a handful at a time, so as not to stop the ebullition; boil them very fast till tender, which will be in about twenty minutes, or even less, if the beans are young; when done they should be poured into a colander and well drained, and served very hot. Melted butter is generally served in a sauce-boat. If the saucepan is covered the colour is destroyed. They should be of a beautiful green when sent to table. If you have any fear of the colour going, a teaspoonful of carbonate of soda, put into the water just before the beans are put into the saucepan, will effectually preserve it. In France, the haricots are cooked precisely as we have here described, and put into a colander to drain; and when so prepared they arrange them by any of the following receipts:—

Haricots Verts à l'Anglais.—Dissolve a little butter mixed with chopped fine herbs, salt, and pepper, then add the green French beans prepared as above, but not quite done; let them stew a little time, and before serving, add a piece of butter about the size of a walnut, mixed with flour, and the juice of a lemon.

The same, à la Bourgeois.—Dissolve in a stewpan a large piece of butter, say 3 oz.; put it into two tablespoonfuls of chopped parsley, and then the boiled French beans; keep stirring them, and before serving add a *liaison* of yolks of eggs and the juice of a lemon, or a spoonful of vinegar.

The same, à l'Oignon.—Cut an onion into small pieces and stew with about three ounces of butter; dust in some flour; moisten with *bouillon* and gravy; reduce the sauce; add the boiled French beans; stir them well that they may amalgamate with the sauce, and serve very hot.

The same, à la Maître d'Hôtel.—Boil as before, and serve with *maître d'hôtel* sauce (page 104).

The same, à la Provençale.—Put into a stewpan some good salad oil; cut two or three onions in round slices, and stew them therein; then add the boiled French beans and some chopped parsley, salt and pepper; stir, or, as the French call it, *sauté* them in the dish, and pour over them a little hot boiled vinegar.

White Beans, Haricots—à la Maître d'Hôtel.—When new they do not require soaking; but if old, from eight to ten hours are necessary. Boil till tender and drain in a colander (the water ought to be preserved, for it makes most excellent soup); then put into a stewpan two ounces of butter, some fine herbs chopped up, pepper and salt;

add to this the white beans, mix them well with the sauce, and the juice of a lemon.

The same, au Jus.—After they are boiled, put any description of gravy into a stewpan, and when hot add the beans, and serve hot. The gravy from a leg of mutton or roast beef is very good for this dish.

Haricot rouge au vin.—This is another sort of the French bean. Boil and drain as before; brown in a stewpan some slices of onion in butter; add the beans; moisten with wine, and season with pepper and salt; serve in a hot dish.

Red Beans are also cooked with bacon cut into small pieces and browned in a stewpan, to which the vegetable is added as before.

Lentils.—The lentil is much in use in France, both as a vegetable and for making soup and *purées*. They are cooked in a stewpan in butter, with salt, pepper, an onion cut in quarters, and a bouquet of parsley, and placed over a very slow fire till quite tender; or you may put them into a stewpan with some bacon and a German sausage, or boil them in salt and water. Arrange them *à l'ognon*, or *à la maître d'hôtel* (page 104).

Macedoine with Vegetables.—Cut carrots and turnips of the same length, and throw them into boiling water for ten minutes or a quarter of an hour; take them out and let them drain upon a cloth; put into a stewpan some *bouillon*, and when boiling fast put in the carrots and turnips, and stew them till tender; then take some French beans (called haricot beans), white and green, some broad beans, some young onions, cauliflower broken up into bits, asparagus tops—in fact, all the vegetables that are in season—and boil them in boiling salt and water; turn them all out into a colander; take the carrots and turnips out of the *bouillon*; arrange all nicely in the dish, pour over the *béchamelle* (page 109), and serve very hot.

Lettuce.—This vegetable, which is only used in this country raw for salad, is very much used in France as a cooked vegetable, the lettuce being washed, picked from the stalk, boiled in salt and water, and chopped very fine; all moisture being previously expressed it is ready for cooking.

Laitues au blanc de Veau.—The lettuces being boiled and prepared as above, *sauté* them in the *blond de veau* (page 117). This is an excellent dish.

The same, à la Espagnole.—Choose some large lettuces, wash them clean, and soak them whole for an hour in strong salt and water; then boil them in salt and water half an hour; throw them into cold

water, press them, and let them drain on a cloth ; open the leaves a little in the middle, and season with pepper and salt. To keep them in their original form, it is necessary to tie them up with thread or string. Place at the bottom of a stewpan slices of fat bacon, trimmings of veal, carrots cut round, onions, cloves, thyme, and bay-leaf ; upon these place the lettuces, and cover them with other slices of bacon ; moisten with *bouillon*, and stew for one hour ; take out, squeeze dry, glaze, pour over *sauce Espagnole* (page 114), and serve hot.

The same, farcies.—Boil the lettuces ; then dip them in cold water and press them extremely dry ; take out the middle leaves, fill the centre with stuffing, and cook *à la braise* (page 118). When done, take them out, keep them hot ; pass the braze through a sieve, add a glass of white wine, and boil quickly to reduce the sauce, which thicken with a little flour and butter, and pour over the lettuces.

The same, frites.—Choose the little round lettuces ; pick, wash, and tie them with a string. Cook them as above, but add nutmeg and a bouquet. When done, press them in a cloth ; let them get cold ; dip them in batter, and fry them a good gold colour in oil ; drain, and serve them very hot.

The same, hachées.—Wash, trim, and clean fresh-gathered lettuces ; boil as before directed ; take them out and throw them into cold water ; put them into a colander, and press out all the moisture ; chop them up as fine as possible, and put them in a stewpan with butter, pepper, salt, thyme, bay-leaf, grated nutmeg, and a little flour or arrow-root ; moisten with *bouillon* ; stew for half an hour, and serve garnished with fried crutons.

The same, au Jus.—Prepare as before ; put into the stewpan the gravy or *jus* (page 112) ; warm up, and serve hot.

The same, au maigre.—Prepare as for the *laitues frites* before described ; put them into a stewpan with some fresh butter and a spoonful of flour mixed in milk or water ; season with salt, pepper, and nutmeg, a little lemon juice or vinegar, and boil for a quarter of an hour.

Almost all the preparations of vegetables here described may be cooked with good olive oil instead of butter, and this last receipt may be varied by leaving out the acid, and adding milk or cream instead, with a little sugar, or a *liaison* of yolks of eggs.

Turnips should be peeled, cut in slices, and thrown into cold water (as each is cut), to prevent their discolouring. When all are done they should be put into salted boiling water, and boiled very fast till quite tender, then taken out and put into a colander. All the moisture

being squeezed from them, turn them into a stewpan, and beat them up with a fork ; put two ounces of butter, some pepper and salt ; stir them over the fire all the time, and when very hot serve them. As this vegetable is sometimes very stringy, it is perhaps better to rub them through a reversed sieve with a wooden spoon, and thus the stringiness will be avoided.

The same, à la crème.—Cut the turnips in shapes to taste ; boil in salted water ; take them out and drain them, and warm them in sauce *à la crème* (page 117).

The same, glacés.—Cut the turnips round in the shape of corks ; throw them into boiling salted water for ten minutes ; take them out and throw them into cold water, and drain them on a soft cloth ; put into a stewpan some butter ; when dissolved add the turnips, with a very little sugar, and one glass of *bouillon* ; boil quickly to reduce the sauce to a glaze ; take out the turnips as soon as they are of a good colour ; arrange them nicely on a dish, and pour over them the glaze which sticks to the bottom of the stewpan (which you will detach by adding four or five spoonfuls of *bouillon*), and which must be passed through a sieve.

The same, à la sauce blanche.—This is prepared precisely like turnips *à la crème*, before described, only the bechamel (page 102) is used, instead of the cream sauce.

The same, à la moutarde.—Follow the same receipt as the last ; only work one spoonful of mustard into the sauce.

Onions.—This vegetable can be cooked in various ways ; the two following French receipts we extract, as the best modes of preparation.

Oignons farcis.—Cook on charcoal cinders the largest onions you can find ; when they are done, take off the skins, and take out the hearts, and fill them with French stuffing (page 119). Cover the outside entirely with fine bread-crumbs, and cook in the oven, or under a *four de campagne*. Onions may also be stuffed raw, and baked.

The same, glacés.—Take middling sized onions, and choose one or two dozen that are about the same size ; cut off the heads and stalks ; butter well the bottom of a stewpan ; place the onions in it on their heads ; season with salt, pepper, a little water, and some sugar ; cover the stewpan with a sheet of thick paper ; put on the cover, and place it over a very quick fire, until the water is reduced about one-half ; reduce the fire, and place the stewpan on the hot cinders, until the onions are well glazed. These serve for garnishing

many dishes. Some cooks add to the glaze of the onions a spoonful of flour or arrowroot, and turn it with a wooden spoon till it is sufficiently thick; the onions are arranged on a dish, and the sauce poured over.

Sorrel.—This can be cooked like spinach, or it may be as fellows:—Wash and pick sorrel, lettuces, and chervil, and chop them; dissolve some butter in a stewpan, and add the vegetables. When stewed till sufficiently tender, take them out and strain them; put them again into the stewpan, with a little butter and French gravy (page 112), and serve hot.

The same, au maigre.—Proceed as before; only, instead of the gravy, add milk and *liaison* of yolks of eggs.

Brussels Sprouts—should be extremely well washed, and soaked two hours before they are used, in strong salt and water, to destroy insects. All yellow and decayed leaves should be picked off; they should be then thrown into some salted boiling water, and boiled till tender; then taken out, and thrown into cold water, and well drained; dissolve in a stewpan two ounces of butter, to which add pepper and salt, and *sauté* the sprouts therein, and serve very hot.

Green Pease.—The English mode of cooking pease is to put them into boiling water, with a good handful of salt. They should be boiled very fast, and the saucepan should not be covered, or the colour will be destroyed. A teaspoonful of carbonate of soda will preserve the colour. When tender, they should be poured into a colander to drain; a morsel of butter put into the vegetable dish, and the pease poured upon it, and stirred up. English cooks generally boil two or three sprigs of green mint with the pease. In France they cook pease *à l'Anglaise* precisely as the above, only they omit the mint, and mix chopped parsley, pepper, and salt with the butter.

The same, à la Bourgeois.—Put the pease into a stewpan of boiling water, with two ounces of butter for each quart of pease; pour off the water and leave the stewpan on the fire with a little salt and a bouquet; stir them up, and put in a little boiling water; when done, add a piece of butter mixed with flour, the size of a walnut, stir it well into the pease, and serve quite hot. Some cooks add to these a *liaison* of yolks of eggs and a little cream. When sugar is added, less salt must be used.

The same, au Lard.—Cut bacon into small pieces, put it into a stewpan, and stew it a little; moisten with water or *bouillon*, and put in the pease, a bouquet, pepper and salt, and stew at a very slow fire; when quite tender, serve hot.

Potatoes.—It is seldom that this esculent is well cooked ; and where no dinner is considered perfect without them, and where they are seldom otherwise dressed than boiled, it is astonishing that so little knowledge of their preparation should exist. Almost every one has a theory of his own. Ours is as follows:—Well wash the potatoes; cut off a little piece of the peel, put them into a saucepan in cold water, and the moment they begin to boil, put in a teacupful of cold water ; when they again boil, repeat the same process, and continue stopping the boiling by the addition of cold water till the potatoes are quite done. Then pour off the water, put a handful of salt over the potatoes, cover them with a clean soft cloth, and put by the side of the fire to dry. Cooked in this way the potato will be floury, but still to be cut with a knife. Avoid what Handy Andy calls the “barbarous custom of the aristocracy in peeling their potatoes before they are boiled.” The French have a great many modes of cooking these vegetables. For simply boiling, they put a very little water in a pipkin, and cover them with a clean soft cloth under the cover.

The German mode.—Peel and cut in slices the quantity of potatoes required; put them into a stewpan with plenty of water; place them over a quick fire, and boil them till they break; pour off the water, mash them with a spoon, and mix with them salt, pepper, nutmeg, and chopped parsley, and add a *liaison* of beaten yolks of eggs; divide them into balls of equal size; fry them in butter or oil until they have arrived at a good gold colour, then serve them in the dish in the form of a pyramid.

Another German mode.—Fill the stewpan with the potatoes, just cover them with water; boil them for fifteen or twenty minutes, pour off the water, and put them over a slow fire, and cover them with a cloth under the cover of the stewpan; after half an hour's further cooking the potatoes will be sufficiently done to serve, and will be extremely floury.

Croquettes de pomme de terre.—Roast the potatoes on the cinders, take off the skins, and put them into a mortar; pound them with some cream, rub then through a sieve; add butter, chopped parsley, and yolks of eggs, the whites beaten to a strong froth; roll them in balls and then in bread-crumbs, and fry them a gold colour in oil. By adding sugar and orange-flower water, a sweet dish is made.

Gateau des pommes de terre.—Take cooked potatoes, and peel and pound them in a mortar; add to this three yolks of eggs and one spoonful of orange-flower water, and a piece of butter the size of an egg; butter a mould, fill it, and put it over a stove, and under

a *four de campagne*, or bake it in the oven, and serve it of a gold colour.

Pommes de terre à la Crème.—Boil the potatoes, cut them in slices, put them into a stewpan with some butter, salt, pepper, and chopped parsley; put in a glass of cream, and serve hot.

The same, fried.—Cut raw potatoes either in slices or round like a corkscrew, dry them with a soft cloth, throw them into very hot oil, and the moment they are of a gold colour drain them over your frying-pan so as to get them perfectly dry; powder them with fine salt, and send them very hot to table. This is almost one of the commonest dishes in France, and they are sold in every street in Paris, one sou's worth being almost enough for a dinner; notwithstanding which, there is nothing perhaps more difficult to cook properly. The best sort for frying are the kidney potatoes.

The same à la Lyonnaise.—Boil and cut the potatoes in slices, and *sauté* in a *purée* of onions.

The same, à la Maître d'Hôtel.—Cut boiled potatoes in slices; put them in a stewpan with butter, salt, pepper, chopped parsley, and a little *bouillon*, and the juice of a lemon. Most excellent.

The same, à la Provençale.—Boil, peel, and cut in slices, and season them with the following mixture:—Take butter and divide it in equal portions, to which add half the weight in olive oil, with the zest of a lemon, parsley, young onions chopped fine, grated nutmeg, a little flour, and pepper and salt; this must not be put on the fire until the moment that it is wanted to be used; warm it over a slow fire, stirring all the time, but not allowing it to boil; just before serving add the juice of a lemon.

The same, en quenelles.—Roast the potatoes, scoop out the pulp, put it into a mortar and pound with butter; season with chopped parsley and young onions, salt, pepper, and nutmeg; incorporate into this three or four yolks of eggs, and make into balls, which throw into *bouillon*; then take them out directly, rub them in the whites of eggs, and roll them in bread-crumbs, fry them in oil, and serve them with any of the sauces you like.

The same, Sautées au beurre.—Choose the little round potatoes, cut them to the size and form of a walnut, put them into a stewpan with salt and butter, and sbake them about till they are of good colour.

Mashed Potatoes.—Boil the potatoes as directed, rub them through a sieve or break them up very fine with a fork or a spoon; put a lump of butter into a stewpan, and the potatoes, pepper and salt, and some people like part of an onion chopped very fine; moisten with a little

milk or good cream ; stir it well that it should not burn, and serve hot. This may be placed in a mould to form the wall for any description of stew, or made into balls and browned in a Dutch oven before the fire, or baked in an oven ; or any mincemeat that is made into balls may be cooked with this preparation, and either fried or baked. This mode of cooking potatoes is very convenient to form a foundation on which to put pork outlets, sausages, mutton outlets, &c.

Gourds—may be cooked as cucumbers.

Salsify.—This excellent vegetable, which is not sufficiently appreciated in England, is to be scraped, and thrown into boiling water, to blanch. When tender, it must be taken out, and thrown into cold water, then dipped into batter, and fried. It may also be boiled in vinegar and water, with a little butter in it, salt and pepper, and served with *sauce blanche* or bechamel (page 102), or, after being boiled, it can be stewed in good gravy.

Tomato.—The tomato is boiled and rubbed through a sieve, to make sauce with, as before described ; it is also much used for garnishing various dishes, in which case it should be put into boiling water whole, and when tender, taken out, and dipped immediately into cold water. It is also cooked as follows :—

Tomates farcies.—Take out the stalk, open the tomato, and extract all the seeds with a teaspoon ; press the water gently out ; stuff with parsley, shallots, hard eggs, capers, gherkins, and anchovies, all chopped very fine, seasoned with salt, and moistened with oil. Cover the tomatoes, and bake them in the oven, or cook under a *four de campagne*.

Jerusalem Artichokes—are peeled, washed, and boiled like potatoes, and served in white sauce (page 102).

Truffles—should be soaked in cold water, and the dirt rubbed off them with a brush.

Truffes au bouillon.—This dish is extremely *recherché*. The truffles are put into a stewpan, with enough *bouillon* to float them, to which is added pepper, salt, and butter. Cook over a strong fire, and put charcoal on the cover of the stewpan ; they will be done in fifteen or twenty minutes ; then take them out, drain, and serve in a napkin, carefully folded.

The same, au court-bouillon.—Cook the truffles in a *court-bouillon* (page 83) ; when done, take them out ; drain, and serve in a napkin.

The same, en croustade.—Slice and cook truffles in *sauce Italienne* (page 114), *à la Provençale* (page 116), to which add butter ; broil crusts of bread on the gridiron, and serve the ragout on them.

The same, à l'Espagnole.—Cut the truffles in slices; stew them in butter for several minutes; moisten with champagne or white wine, and *sauce Espagnole* (page 114), and cook over a very slow fire; before serving, take off all the fat.

The same, à l'Italienne.—The same as the preceeding, only moisten with *sauce Italienne* (page 114), and white wine. Skim off the fat, and serve on fried crutons, or chop up the truffles; stew them in butter, and add parsley and shalots, chopped fine, salt and pepper; and moisten with white wine and *sauce Espagnole* (page 114). Skim off all fat, and work in a little salad oil.

The same, à la Périgueux.—Cut the truffles into dice; stew them in butter; roll them in bread-crumbs; add a little *sauce Espagnole* (page 114), a little wine; and just before serving, work in a little cold butter.

The same, à la Piemontaise.—Cut the truffles in thin slices; stew them in salad oil, with a quarter of a clove of garlie broken up; put the stewpan over a very slow fire, to colour the truffles; season with salt and pepper; and before serving, add the juice of a lemon.

The same, à la Provençale.—The same ingredients precisely as the last, only cooked in a *sauté* pan.

Truffes à la Serviette.—Cover the bottom of a stewpan with slices of fat bacon, lay in the truffles, season with lemon, thyme, bay-leaf, cloves, salt and pepper; cover with other slices of bacon; put in a little butter, and moisten with white wine. In twenty minutes or half-an-hour, withdraw them from the fire, and leave them in the liquor in which they have been cooked till wanted. Drain and serve in a neatly folded napkin.

CHAPTER XIX.

SWEET DISHES.

Apple Cake.—Peel the apples, and take out the pips; then boil them with the rind of a lemon and some cinnamon; the smallest quantity of water will be sufficient. When perfectly tender, rub them through a sieve, and put into a stewpan to simmer, with nine ounces of sugar, three ounces of butter, and one spoonful of arrow-root, till sufficiently thick; then set it by to get cold. Beat well six

eggs, and mix with the above. Butter a mould; put the eggs and the mixture in it, and plunge it into a stewpan of boiling water; but take care that the water is not sufficiently high to cover the moulds. When hot through, it is done. Turn it out, and garnish your dish with slices of oranges or lemons.

Beignets.—This is a description of pancake called in English, fritters. Every description of fruit is made into beignets in France, either ripe or preserved.

The batter for this is made as follows:—Take the finest flour, moisten it with water; add a little fine sugar; one spoonful of the best salad oil, and two of orange-flower water: just before you want to use it, beat up to a strong froth two, three, or more whites of eggs; dip the slices of fruit into this batter, which ought to be sufficiently thick to cover the fruit when immersed therein. Fry in oil, drain well, dust over fine sugar, and serve, well arranged in the dish, very hot.

It is advisable to soak the fruit intended for beignets for some few minutes before dipping them in the paste, in any description of liqueur; and great care should be taken that the oil, or, as the French call it, "*la friture*," is very hot.

The same, de blanc manger.—Moisten, with good milk or cream, some rice flour, to which add a small pinch of salt, and about half the grated rind of a lemon; put it into a stewpan, and cook it over a gentle fire for three hours, turning it from time to time; add sugar macaroons, almond cakes, pounded, and called *massepains*, and three or four eggs. When it is of the consistence of a paste, dust over it a little fine flour, and leave it to get cold. Then cut it into shapes, throw it into very hot oil, and withdraw it the instant it has taken colour; drain well, and powder with sugar.

Beignets de Brioches.—Slice the brioche, a description of cake very common in France, and much coveted in England (*see receipt*), and soak in milk, flavoured with sugar and orange-flower water; take the slices out, and drain them; dip them in the batter, as described, and cook them in oil. When drained, powder with sugar, and serve, well arranged.

The same, of Indian Corn.—Moisten well a certain quantity of the flour of the Indian corn; cook it in a stewpan over a very slow fire, stirring it continually. Take it off the fire, and add orange-flower water and sugar; turn the whole on a marble slab, and spread it out but in such a manner as to leave it about a quarter of an inch thick; when cold, cut it in pieces with a paste-cutter of any form; throw it

into very hot oil the moment it has taken colour; drain and powder with sugar, and serve directly.

The same, de Celerie.—The roots of celery are stewed in *bouillon*, cut into pieces of an equal size, well drained, and soaked in brandy and sugar; then dipped in batter, fried, drained, and dusted over with powdered sugar.

The same, des Cerises.—This is made with preserved cherries. Each cherry must be wrapped up in wafers, a very thin cake, called in France *gaufres* (which see), which are wetted, and then dried on a sieve. Prepare the batter, as described; but add thereto a little brandy, and any description of sweet white wine and some dissolved butter. Dip the cherries so prepared in this paste, and leave them there for some few minutes; take them out with a spoon; throw them into the frying-pan; when of a good colour, drain, and powder with fine sugar.

The same, with Elder Flowers.—Beat up with sugar the whites of eggs to a strong froth; dip the elder flowers in it, throw them into the frying-pan, and drain and serve hot.

Beignets d'Omelette.—Make a sweet omelette, as before directed; cut in shapes and dip in the batter, and fry; drain and serve hot, powdered with sugar.

The same, d'Orange.—Cut in slices some fine oranges, from which all the skin has been taken, and pips extracted. Throw them into boiling water, take them out and soak them in syrup; put them into a stewpan over a slow fire, and reduce the syrup to nearly caramel; leave them to get cold, then soak them a second time in a thicker syrup; then dip them into the batter and fry in oil; when they have arrived at a good colour take them out, drain, and cover with fine sugar.

The same, de Pain perdu.—Cut of equal size slices of bread, brioche, or any description of pastry made with honey, or preserves, or currants; soak in the following mixture:—Beat up eggs, adding brandy and pounded sugar, which has been previously rubbed on the rind of a lemon, and a little orange-flour water; dip the slices of bread, &c., and fry them in oil; drain and serve them in the form of a pyramid, powdered over with fine sugar.

The same, aux pommes.—Cut the apples in slices, take out the pips, soak for an hour in brandy and sugar, drain on blotting-paper, dip them in the batter, and fry; drain, and powder with sugar; serve hot.

The same of potatoes.—Pound boiled potatoes in a mortar with

milk, sugar, orange-flower water, and the yolks of three or four eggs; make into balls, and cook like the *beignets de blane manger*; these made with arrow-root, are extremely delicate.

The same, au riz.—Boil the rice, and treat it precisely like the potatoes, and it will also be found excellent.

The same, Soufflés.—Mix in a stewpan, with a piece of fresh butter the size of an egg, four ounces of sugar, a tumbler of water, and a green lemon grated; boil it, add flour to mix it, and make it thick; when the rawness of the flour has entirely disappeared it is done, and will separate easily from the stewpan; mix this with three eggs, stir it well, spread it out on a large dish with the back of a spoon, cut it into small pieces, and throw it into the frying-pan, in which the oil should only be tepid; fry very slowly, drain on a soft cloth, and powder with sugar and serve.

The same, en surprise.—Take Ribstone pippins, wipe them, take out the stalk, and cut out a round piece from the centre where the stalk has been extracted; scoop out the whole of the inside of the apple, but do not break it; throw the part so scooped out into a marble mortar and pound it; then soak it during an hour in some brandy, in which you have put the thin rind of a lemon and a little powdered cinnamon; fill the apple with this, mixed with *frangipane* or apricot marmalade, add a little flour, moistened with a white of egg; put on the piece that you have originally cut out of the apple, to close it up; dip it into the batter first described; fry, drain, and serve with powdered sugar.

The same, au Fromage.—Put into a saucepan two tumblers of milk, one ounce of butter, some grated Parmesan, or other cheese; when the milk boils, and all is dissolved, mix in flour to make it into a paste, and add eggs; cut the paste to your taste, and fry.

French Pudding.—Take thirteen ounces of crumbs of bread (sponge cake will make the pudding lighter), cut them in bits and soak in cream; set it by the side of the fire that the bread should absorb all the cream; put in by degrees a little milk, and bring it to boil gently, care being taken that the bread is not too thick; dissolve six ounces and a-half of beef marrow, strain it and add it to the bread; add to this two ounces of powdered sugar, two ounces of fresh butter, two ounces of currants, well washed and cleaned, and two ounces of stoned raisins, one ounce of green citron, and one ounce of angelica, and four ounces of broken macaroons; stir continually, and simmer for ten minutes; take it off the fire, and turn it into a basin, and leave till cold; then break eight eggs and beat them up with one glass of rum;

mix all together; butter a mould, fill it with this mixture, cook in the oven or under a *four de campagne*; when of a good gold colour it should be served and eaten hot.

Charlotte de Pommes.—Peel the apples, take out the pips, and cut into bits; dissolve in a stewpan four ounces and a quarter of butter for every dozen of apples; reduce them into marmalade, and add nine ounces of apricot marmalade; cut slices of stale bread, fry them in butter, but do not brown them—they should only be left in for two minutes; take a stewpan and butter the inside of it well, cover the bottom and sides with fried slices of bread, and fill the inside with the first preparation, and cover it over with more slices of bread; put the stewpan on a fire, pile the fire up all round, and on the cover of the stewpan; when the *charlotte* is of a good colour, turn it out on a plate, and pour off any butter that may be floating about. It is only necessary to dip the slices of bread in dissolved butter, because by the second cooking in the stewpan the colour is attained.

Another mode.—Instead of bread, take biscuits or sponge cake, or Savoy biscuits, and cut them in slices to garnish the bottom and sides of a plain mould, and make with the biscuits several compartments therein; fill the compartments with the marmalade before described, orange marmalade, and several sorts of preserved fruits; cover with biscuits, and bake, garnish with pears, apples, *marons glacés*, or any other sort of ornament.

Creams—Cream of Sweet Almonds.—Blanch six sweet almonds, put them into a mortar, and pound them with a little water that they should not oil; whip in a pint of good milk, the whites of two eggs, and four and a quarter ounces of powdered sugar; boil the milk over a very slow fire, reduce it one quarter, and add the almonds; boil and reduce again for some minutes, and put in one spoonful of orange-flower water; when cold, garnish with blanched almonds that have been dipped in caramel.

The same, à l'Anglaise.—This cream is made as above, with the addition of one ounce of dissolved isinglass. It should then be passed through muslin, and put into a mould, and when cold, turned out and garnished.

The same, de Blois.—Whip the cream with powdered sugar and grated rind of lemon, until it is of sufficient thickness, and serve.

The same, brouillés.—Boil for half-an-hour equal quantities of milk and cream, and four ounces of sugar, three yolks of eggs; add one spoonful of caramel. Reduce to half by boiling; put into a mould or cups, and leave it to get cold.

The same, au café.—Boil two ounces of powdered coffee in three pints of milk and cream in equal quantities. After they have boiled for a few minutes, pass the whole through a fine strainer; add three yolks of eggs, well beaten, four ounces of sugar (powdered); boil again, and reduce one-half; pass through a jelly-bag; let it get cold, and serve. If this should be wanted white, the coffee must be freshly roasted, and put into the boiling milk and cream whole.

The same, au caramel.—Dissolve in a copper stewpan two ounces of sugar; leave it on the fire until it is as thick as a *roux*; throw over a good pinch of boiled orange-flower; mix the whole with good milk or cream, and finish as above.

The same, de célerie.—Boil in a pint and a-half of water two heads of celery that have been particularly well washed, and cut in pieces; strain through a sieve or tamis; add three pints of cream, four ounces of sugar, a little coriander and cinnamon in powder, the grated rind of a lemon, and one teaspoonful of orange-flower water. Boil to one-half, and when tepid, add rennet; cut small; stir it well, pass it through a sieve, and put it again into the stewpan; put on the cover, and heap over it hot charcoal cinders; as soon as the cream is set, cool it on ice.

The same, au cerfeuil.—Boil for half-an-hour a handful of chervil in a tumbler of water. Strain it off, and reduce it by boiling to two spoonfuls; put in a pint and a-half of cream, and the same quantity of milk, four and a-half of sugar, grated rind of a lemon, a little: coriander, and a little orange-flower water. Boil it for half-an-hour; beat up in another vessel six yolks of eggs and a little flour; pour on the cream; pass the whole through a sieve; put it into a stewpan, and cook in a bain-marie. Glaze it with sugar, and brown with a salamander.

The same, au chocolat.—Mix three pints of milk and cream, three yolks of eggs, and four ounces and a-half of powdered sugar. Stir it continually, and reduce to one-half; add two ounces and a quarter of rasped chocolate; boil for a few minutes; pass through a sieve; put into cups, and serve when cold.

The same, à la Frangipane.—Dissolve one pint and a-half of milk, in a stewpan, four ounces and a-half of powdered sugar, three eggs a pinch of salt, and two spoonfuls of flour, a grated rind of a lemon, and some orange-flowers, boiled in sugar, and reduced to powder. Put the whole over a fire again until it is thick; let it get cold, and seave.

Whipped Cream.—Put a pinch of powdered gum in a pint and a

half of cream; add a little orange-flower water, and sugar in powder; whip with a whisk till the cream is well risen; let it stand, and take it up with a skimmer, and arrange in a pyramidal form in the middle of a china dish. Garnish with candied orange and lemon peel.

The same, aux fraises ou framboises.—Press the juice of either strawberries or raspberries broken up, and pass through a sieve; add the whipped cream, and whip it again, and proceed as in the above. This may be made with cherries or currants, in the same way.

The same, aux liqueurs.—Before whipping the cream, put in half a tumbler of any sort of liqueur.

The same, à la vanille ou café.—Boil a little vanilla for several minutes in milk; pass through a jelly-bag, and add it to the cream before described, and whip; for the *café*, add to the cream one spoonful of made coffee.

Crème Glacée.—Mix the yolks of six eggs with a pint and a-half of cream and a pint and a-half of milk, two spoonfuls of flour, the grated rind of a lemon, a pinch of orange-flowers, boiled in sugar, and reduced to powder, and one ounce of powdered sugar; put it over the fire, and turn it continually till it gets thick. Then take it off, whip the whites of the six eggs in a basin; and when they have well risen, mix the two together in the dish in which it is to be served; dust over it plenty of finely-powdered sugar; brown it under a *four de campagne*, or in the oven, and serve when it is perfectly glazed.

Any flavour can be given to this cream by the addition of a few drops of the essence of the scent or flavour desired, such as roses, pinks, bergamot, cowslip, jasmine, &c., &c.

The same, à l'Hollandaise.—Cut in little bits one or two pods of vanilla; mix the yolks of three eggs in three pints of milk and cream, and four ounces and a-half of sugar; place this mixture over a very slow fire; stir it continually, and when thick, pass it through a sieve, and serve.

The same, à l'Italienne.—Pound in a mortar seven ounces of the pistachio nut, shelled and skinned; add, by degrees, two spoonfuls of orange-flower water, four yolks of eggs, three ounces of the rind of oranges and lemons, grated, four ounces and a-half of sugar (powdered); mix well together, and moisten with three pints of milk. Boil on a very slow fire, stirring all the time. The moment it is of sufficient thickness, put it into the cream cups or mould.

The same, légère.—A pint and a-half of cream, a pint and a-half of milk, four spoonfuls of powdered sugar. Boil, and reduce two-thirds;

whip the whites of two fresh eggs; and when they are in a froth, add the cream; put them again over the fire, stirring them continually. When hoiled, put in one spoonful of orange-flower water, and when cold, serve in cups.

The same, aux Macarons.—Break up in a mortar six macaroons, two of which should be made with bitter almonds. Mix three pints of milk, one spoonful of boiled orange-flower water, two ounces and a quarter of powdered sugar, and four yolks of eggs. Boil, stirring continually; pass through a sieve, and let it get cold in the dish in which it is to be served.

The same, de Marrons.—Put into a stewpan two ounces and a quarter of chestnuts in powder; or twenty-five roasted chestnuts, pounded with a little milk, the yolks of two eggs, a pint and a-half of milk, a bit of butter the size of an egg, four ounces and a-half of pounded sugar. Boil it for some few minutes; pass it through a sieve, and let it get cold.

The same, de Ménage.—Boil together three pints of good milk and a pint and a-half of cream, and two ounces of sugar, until reduced a third. Let it get cold, and put in a little rennet, soaked in a little water; stir it well; pass it through a sieve; place it on the hot cinders, with fire on the cover; when set, turn it out, and let it get cold in a very cold place.

The same, à la naturel.—Take some sweet fresh cream; put it into an ice mould, with powdered sugar; plunge it in ice.

The same, en neige.—Take three pints of good cream, eight table-spoonfuls of powdered sugar, the whites of two fresh eggs, one tea-spoonful of orange-flower water; whip them quickly; as soon as the cream rises to the top, put it into a basket, in which is first placed a fine cloth; serve as soon as it is drained. The colour of this may be varied by the addition of saffron, to make it yellow; carmine, to make it red; with a little indigo dissolved in spirit, to make it blue; and the flavour may be varied with any other essence, instead of the orange-flower.

The same, aux Pistaches.—Take four ounces and a-half of skinned pistachio nuts and the grated rind of a lemon; pound these well together in a mortar; mix with some milk and cream, prepared as for any of the other receipts; cook in the same manner. When cold, serve, garnished with some pistachio nuts.

The same, au Thé.—Boil in three pints of milk a quarter of an ounce of green tea, or more, if desired to be very strong. Proceed then precisely as for the *crème au café*.

The same, velouté.—Boil slowly three pints of milk and cream in equal portions, and five ounces of powdered sugar; stir it continually, and reduce one-half; take off the fire, and put into it a little *rennet*, soaked in three table-spoonfuls of milk, and one spoonful of orange-flower water; mix it well; pass it through a sieve; put it into a china vase, and place it over hot cinders, to make it *velouté*; put over it a cover, on which put hot charcoal. When it is set, let it get cold, and serve.

The same, au vin.—Beat up eight yolks of eggs with sufficient pounded sugar; add, little by little, a bottle of Frontignac, or other sweet wine, stirring it all the time. Cook it in a *bain-marie*. Stir it till the cream is set, and serve.

This may be varied in colour, and may be put into a mould, and iced.

Gâteaux d'amandes.—Soak the almonds in cold water, and take off their skins; pound them in a marble mortar, with the grated rind of two lemons, and orange-flowers boiled in sugar, and reduced to powder, a little salt, arrow-root, or potato flour, powdered sugar, and eggs. Mix all this well together; butter a mould, and cover the inside with wafer-paper; put in the mixture, cook in a slow oven, and serve it hot or cold.

To make the small *gâteau d'amande*, take the same mixture; add a little thick cream; put it into puff paste, and bake in a hot oven; when done, cover with powdered sugar.

Carrot Cake.—Boil carrots; add a little salt, pound and pass them through a sieve, then dry in a saucepan; add cream, arrow-root, orange-flowers boiled in sugar and reduced into powder, sugar, eggs, but more yolks than whites, and a little butter; mix well together, put it in a buttered mould, and bake; turn it out into a dish, and cover it over with powdered sugar.

The same, de Compiègne.—According to the size required, take flour and put into it some good beer yeast that has been well washed; leave it to ferment for some time, then take a little more flour, to which add salt, sugar, a little water, a rind of a lemon, candied citron cut in pieces; mix the whole well together, and place it in a buttered mould, in which it should be left for five hours; then put it into a very hot oven for two hours; leave it to get cold; take out of the mould, and serve.

The same, Fourré.—Make a paste with pounded almonds, sugar, the rind of a lemon, and well beaten eggs; make this into any form or shape, then fill the paste with *frangipane*, apricot, or apple

marmalade, or any other preserve; cover it with the same paste, and bake it.

Gâteau à la Madeleine.—Take equal quantities of sugar and flour, and half the quantity of butter; warm it; then add orange-flour water, the rind of a lemon, and some eggs; mix all together, and if too thick, add more eggs; put it into either several little moulds, or one large one, and bake.

The same, à la Manon.—Make enough flaky or puff past, roll it out either round or long to the size required; put round the edge a slice of the same paste, then fill the inside with the *crème à la frangipane*, apricot marmalade, apples, plums, or any preserved fruit; cover this with more of the same paste, ice it with whipped whites of eggs and powdered sugar; bake it in a slow oven, and serve hot or cold.

The same, de Mie de Pain.—Grate some crumbs of bread and throw them into boiling cream; keep it stirred continually; add a little butter, the rind of a lemon grated, sugar and currants, and finish like the *gâteau au riz* (which see).

The same, de Millefeuilles.—Take puff paste, and cut it into pieces, of which one must be double the thickness of the other, but the size and form must be the same; prick it with a fork or an instrument made for that purpose, and glaze it with the yolks of eggs; cover with any kind of marmalade or preserves, and place one upon the other, so as to form a pyramid, the base being larger than the top. When baked, this is to be garnished with *meringues* (which see) and different coloured creams.

The same, de Noodles.—This, with cakes made of semolina, vermicelli, and all the farinaceous substances, are made precisely as the *gâteau de riz* (which see).

The same, de Pithiviers.—Blanch your almonds, by soaking them in cold water for some time; add some sugar, butter, and a little grated lemon rind; pound this mixture in a mortar, add some eggs, put this into a crust of puff paste; cover it and bake it, and serve hot or cold, and ice it with egg and sugar.

The same, de plomb.—Take seven pounds of flour, two and a half ounces of pounded sugar, one pound nine ounces of fresh butter, one dozen of eggs, one ounce of salt; mix the whole well together, and then add milk in sufficient quantity to make it soft; leave it for three quarters of an hour, then add nine ounces more butter, and roll it out four times; then form it in any shape you like, either round, square, or oblong; prick it with a fork and bake.

The same, à la Polonoise.—Take some puffed paste, roll it out to the form desired; cut a slice of the paste, make a wall round the edge; bake it in a tin mould in the oven, till about three parts done, then take it out and ice it with sugar and egg, and finish the cooking; take it out and let it get cold, fill it with marmalade or any description of preserve.

The same, aux pommes.—Take some fine apples, peel them, and take out the core and pips; cut them in slices, cook in a stewpan, and season with cinnamon or cloves; pass through a sieve; add some sugar, butter, and a sufficient quantity of arrowroot; mix these with some eggs, and turn the whole into a mould; bake it, and serve hot or cold.

The same, aux pommes de terre.—Steam some potatoes; when done, peel and pound them in a mortar; add some butter and milk, and sweeten with powdered sugar; boil all together, turn into a dish, and let it get cold; then proceed the same as for a *gateau de riz* (which see). This is very good.

The same à la Portugaise.—Take eight ounces of sweet almonds, blanch and pound them in a mortar; add the juice of four oranges, with the rind chopped very fine; put them into a dish with half a pound of powdered sugar, two ounces of arrowroot, and six eggs, the yolks beaten separately; put the whole into a buttered paper, and cook in a slow oven.

The same, au Potiron.—Slice the inside of the gourd, first taking out all seeds, into a stewpan, with a little milk and boil it; when done, put it into a soft cloth, wring and squeeze out all the moisture; then put it again into a stewpan with some butter, arrowroot moistened with milk, and some sugar; boil it very gently till it is sufficiently thick; take off, and let it get cold; butter the inside of a stewpan, dust into it some fine bread-crumbs, pour in the above mixture; dust over more bread-crumbs, put on the cover, set the stewpan on a stove, with charcoal all round and over the cover; when of a good colour, turn it out in a dish, and serve it either hot or cold.

The same à la Reine.—Take and pound together in a marble mortar, equal quantities of loaf sugar and blanched almonds, adding orange-flowers, which have been boiled in sugar, and the whites of eggs; put into a mould any of the paste of the cakes before described, pour in the mixture, and cook in a very slow oven; when done, garnish to taste.

Gateau de Riz.—Boil till broken nine ounces of rice in some milk, and add a little butter; when very thick, turn it into a basin to get

cold, add the yolks of eight well-beaten eggs, and sufficient sugar; beat separately the whites of four eggs to a strong froth, adding two tablespoonfuls of orange-flower, or other flavoured water; mix all together (the whites of eggs should not be added) till the moment before the cooking begins; butter a saucepan, bottom and sides, dust on to the butter some fine bread-crumbs; then turn in the above mixture, put on the cover, place it on a stove with charcoal under, round, and over it; when of a good colour, turn it out on a plate.

Vermicelli and *Semolina* are cooked precisely as the above. This cake, to be made to perfection, should be treated as here described, and not cooked in an oven. In France, where they have ovens, hot plates, and stoves, they always adopt the mode here set forth. To those who are fond of sweet rice, this will be found the best mode of preparation, more elegant and much more delicious than the rice pudding so often used in England.

Jellies.—There are several substances used in making jellies,—such as stags' horns, ox or calves' feet, the feet of all poultry, the strongest and most delicate, and isinglass; calf's head will also make a good jelly. If ox feet are used, they should be previously well soaked. The process of making jelly is very simple: the material being properly cleansed, must be put into a large quantity of water, and reduced to one-half by quick boiling, all scum being carefully taken off as it rises. Having boiled for three or four hours, it should be strained off into a clean glazed pan, and left to get cold; all the fat being carefully taken off, it must be clarified as follows:—Put a quart into a stewpan, taking care not to take the sediment which will be found at the bottom of the pan. As soon as it gets hot, beat up a sufficient quantity of the whites of eggs, from five to six (some use the shells also); add sugar, the juice of two lemons, and about a pint of Madeira wine, and let it boil for about five minutes; do not remove the scum, but when it breaks well, pass it through a jelly-bag until perfectly clear; it is then ready for use, either as it is, or to be placed in a mould, or served in glasses, or to be worked with fruits of all sorts, or with wines or liqueurs. Some omit the wine, if it is to be otherwise worked with fruit, &c.; but if to be eaten plain, the wine should be added. The French prefer the isinglass, which they say is equally nutritious, and much less troublesome, and being perfectly without taste, mixes better with the delicate flavour of the juice of all sorts of fruit, syrup, or liqueurs; the following fruits are frequently made into jellies.

Peaches.—Ripe fruit must be cut up small and infused in boiling

water for two hours, then strained off, and prepared as orange jelly, (which see).

Apricots must be treated like the peach.

Pine-apples, the same.

Strawberries must be mashed up on a sieve, the juice expressed, and then passed through a muslin bag, and the jelly made as orange jelly.

Raspberries, the same, only add the juice of red currants, but not to destroy the flavour of the raspberry; currants and gooseberries are to be prepared in the same way. The quantity of sugar used must depend upon taste and the sweetness or tartness of the fruit.

Orange Jelly.—For a quart mould, take half a pound of the best loaf sugar, rub the sugar lump by lump on the rind of lemons and oranges; take nine oranges, one of which should be a Seville orange, express all the juice, and add it to the sugar, with the juice of two lemons; boil, skim it, and pass it through a jelly-bag, then put it again in a stewpan, with half a pint of Madeira or sherry, and an ounce and a half of isinglass; if any scum should arise, take it off carefully; when it boils, pass through the jelly-bag till perfectly clear, and then put it into the mould, which set upon ice; when perfectly cold and stiff, the mould must be placed for one moment in hot water, to enable you to turn it out. Before the jelly is poured into the mould, it should be filled with cold water for at least two hours. The isinglass, also, may be clarified by dissolving it in a little water, in which the white of an egg has been well beaten up, and skimmed and passed through a muslin or jelly-bag. In France they have a very pretty mode of taking the pulp out of the orange, by cutting it transversely in half, preserving the skin, filling it with the jellies, and thus sending it to table; the effect is extremely pretty.

Gelée d'orange.—Squeeze the juice of oranges through a silk sieve, and for each orange you should allow an ounce of sugar; let it stand, that it may well settle; then pour it out into another vessel, leaving the sediment, or, as they express it, drain it off clear; rub the sugar on the rind of the oranges, and clarify it (which see), and pass it through a sieve; then add the isinglass; clean well the orange-peels and fill them with the jelly; set them on ice, and serve them well-arranged in the dish. This jelly may be served also in glasses, or in a mould; if the latter, more isinglass should be used. The quantity will be about one and a-half to two ounces for a quart of jelly.

The same, with wine, rum, kirschwasser, &c.—This is made precisely as the above; the proportions for eight glasses will be five glasses of

any liquor (wine glasses), one ounce of isinglass, and sugar to taste; the liqueur and sugar are mixed with the isinglass, instead of the orange-juice.

In this manner all sorts of jellies can be made either in moulds or glasses; if the former, an additional half ounce of isinglass should be used; some cooks drop in, while pouring the jelly in the mould, fruits and flowers; this gives a very pretty effect. Jellies should always be garnished, and great care taken that when moulded their form is preserved; and consequently it is better not to turn them out till they are wanted for use; too much isinglass should be avoided. If these jellies are to be made of calves'-feet, with any of the fruits and liqueurs, the proportions will be two-thirds calves'-feet jelly, and one-third juice of fruit, wine, liqueur, &c.

Pommes au Beurre.—Apples and butter. Parboil the apples in some water, with a little sugar. The apples must be peeled and cored, but not divided. Make in another stewpan a marmalade of apples, to which add a little fresh butter and apricot syrup. Cover the bottom of a dish with a layer of this marmalade; place symmetrically the apples, and fill up the intervals with the marmalade, and the holes in the apples with fresh butter. Cover the whole with powdered sugar, and cook it under a *four de campagne*, or bake it in the oven. When cold, garnish it with preserved cherries, and all sorts of different coloured preserved fruits. This is both elegant and delicious.

The same, en Charlotte.—Peel and cut up some very ripe apples; put them into a stewpan with a very little water, some pounded cinnamon, or cloves, and reduce the whole into a smooth paste; take a mould, and line the whole of it with Savoy biscuits, the sides and ends of which should be dipped into white of egg. Fill the mould with the apples and some preserved apricots; cover with more biscuits; cook it under a *four de campagne*, or in the oven. Turn it out on a dish, and serve hot.

The same, en Chartreuse.—With a paste-cutter, cut some round pillars from apples; throw them, as soon as cut, into lemon-juice; half-cook them in clarified sugar, acidulated with lemon-juice; take them out, and drain them. Make with the pieces of the apple from which you cut the pillars a marmalade, with which you fill the middle of the dish in which the pillars have been placed round. Mix with the apple, marmalade, apricot, plum, or orange marmalade. (Frequently these marmalades are coloured with saffron, carmine, or any other vegetable colouring.) This should be garnished with any

description of plums, cut in halves, quarters of pears, cherries, currants, dried orange, lemon, or citron, according to taste.

The same, en croquettes.—Make marmalade of apples rather drier than usual. Mix with it the whites of eggs, beaten up with a little arrowroot; make them into balls, or long pillars; dip them in white of egg several times; fry them in oil (*dans la friture*), and when of a good colour, take them out, and drain them; place them in a pyramid in your dish, and cover them with finely-powdered white sugar; serve hot or cold.

The same, en marmelade.—The apples should be perfectly ripe; they should be cut in slices or in bits, and as they are cut, thrown into water, in which there should be the juice of a lemon. When all are cut, take them out and drain them, and put them into a stewpan, with half their weight of sugar, the juice of a lemon, a little vanille, cinnamon, or cloves, in powder. Cook them over a quick fire, to dry up the water (which will always adhere to them), turning them continually. You can employ this for all description of light pastry, or you can serve it just as it is, either hot or cold.

The same, Meringuées.—Beat well the whites of eggs with some sugar that has been rubbed on a lemon and powdered in a mortar, to a strong froth. Take some marmalade, prepared as above; place it in a pyramid on a dish; cover it with the beaten eggs; powder it with fine sugar, and colour it in an oven, or under a *four de campagne*.

The same, en Miroton.—Take apple and apricot marmalade; put a layer in a dish; put on slices of raw apples, another layer of marmalade, and another of apples, till your dish is filled in the form you wish it. Cook it under a *four de campagne*, or in the oven; or soak slices of apples in brandy and sugar, the juice of a lemon, and some powdered cinnamon, for two hours; take them out, and drain them; place them in the dish in any form, according to taste; fill the centre with apricot, pear, or apple marmalade, and cook them in the oven.

The same, au Riz.—Boil the rice in milk, sweeten with sugar that has been rubbed on the rind of a lemon. Peel apples, and core them; put them into a stewpan, with a very little water and some syrup. When done, take them off the fire, and drain them; fill the apple at the core with marmalade of apricots, and cover the bottom of the dish with the same. Place the apples in a pretty form on the marmalade, and then cover them with the rice.

Another Mode.—Peel and core half-a-dozen apples, and cook them in clarified sugar, but take care not to break them; take about four

ounces of apple marmalade and four ounces of apricot; the rice cooked as above, with the addition of a little butter and three yolks of eggs. Make of this rice a border round the dish, and fill the interior with the marmalade and rice, mixed in equal quantities; stick the apples in the middle, and colour them either in the oven, or under a *four de campagne*, and put into the core, the moment before serving, a tea-spoonful of fruit jelly, or preserved fruit.

Eggs and Milk—Œufs au Lait.—Boil in a pint and a half of milk, two ounces and a quarter of sugar; beat together in a deep dish six yolks and three whites of eggs, a spoonful of orange-flower water, and a little powdered sugar. When the milk has finished boiling, but is still warm, turn it on the eggs, gently stirring it all the time. When all is mixed, put the bottom of the dish into some boiling water, and cover it with a *four de campagne* with fire thereon. When the whole is of a sufficient thickness, take off the dish, and let it get cold; dust over it fine sugar, and glaze it with a salamander. This dish is excellent.

The same, à la neige.—Whip a dozen whites of eggs into what the French call snow, adding powdered sugar and orange-flower water; beat and mix the yolks up with three pints of milk, some orange-flowers boiled in sugar, and reduced to powder, or pounded macaroons, and powdered sugar. Boil in a stewpan three pints of milk, sweetened with powdered sugar. When it is in ebullition, take out a spoonful of the whites, and throw it into the boiling milk for one minute. Repeat till all the whites are thus cooked; arrange them in the dish in which they are to be served. When all are done, take off the milk, and let the ebullition subside; pour it into the yolks, stirring it all the time; and when well mixed, pour over the cooked whites of eggs, and serve hot.

This dish is much esteemed in France, and is made in various ways; this, however, is the best receipt, and will be found extremely delicate, and easy of digestion.

Soufflés.—Four spoonfuls of arrowroot, a pint and a-half of cream, four ounces and a-half of sugar, and the same quantity of butter; grated rind of a lemon, and the yolks of four eggs. Mix all well together; put into a stewpan, and boil, stirring them all the time, till they become thick; withdraw them from the fire, and turn them into a basin to get cold. Take six yolks and four whites of eggs, beaten into a strong froth; mix with the first preparation; put the whole into a *soufflé* dish, which should be round and deep, and made of metal that will stand the fire. In France, they have dishes made

to slip into plated or silver dishes, to send to table, as the *soufflé* must be served in the dish in which it is made. Put the dish on very hot charcoal cinders ; cover it with a *four de campagne*, and serve it in the dish the moment it has risen. This may be made with rice cream ; with boiled chestnuts, pounded and passed through a sieve ; with crumbs of bread, boiled in cream, and passed through a sieve ; with coffee, chocolate, *frangipane* &c., flavoured to taste with vanille, cinnamon, orange flower, macaroons, &c., &c.

DECORATIONS.

Before proceeding with our directions for pastry, it is requisite that we should state that in the French, and in fact in all good kitchens, it is not only necessary that the food should be well cooked, but that it should be also well served and prettily decorated or garnished. The difference in this respect between our mode and the French is, that we usually make our decorations of raw vegetables, whereas the French garnitures are generally good and fit to eat. It is hardly necessary to say that in good cookery the eye and the palate are equally gratified. The garnitures generally in use are made of variously-coloured jellies, either savoury or sweet, as required, fried bread, paste, &c. The different sorts of moulds necessary for their production are kept ready-made at the furnishing ironmongers, where every lady may make a selection according to her taste. Many of them may also be made with the ordinary paste-cutters.

Various ornamental designs and fanciful shapes may be cut out of hard-boiled eggs. The yolks only, mixed with slices of anchovies, may also be used. Gherkins, fine herbs, and the whites of eggs chopped small, are likewise available for garnitures. These designs may also be imitated in all sorts of cooked vegetables, such as beet-root, turnips, carrots, small onions, and potatoes. Care should be taken to arrange them in such a manner as to obtain in these ornaments as great a variety as possible. Vegetable cutters of all kinds may be obtained at the furnishing ironmongers. When they are used great care should be taken that the vegetables for garnishing are properly cooked and nicely cut, or the appearance of the dish will assuredly be spoiled. Much of the success of French cookery is due to the variety and beauty of the garnitures employed.

The twelve following figures are to be imitated in light paste. It is impossible, until they are seen in their proper places, to form an idea of how well they set off the dishes they are intended to garnish. Any of these designs may be used for ornamenting raised pies, or for

many made dishes. The custom, it may be observed, of using simple flour and water for crust and ornaments is in the worst possible



taste. We were once tempted to try the crust of a raised pie, fancying we were still in Paris, but found, much to our annoyance, and to



that of the founder of the feast, that it was perfectly uneatable. In the best houses, the ornaments are invariably made of the same materials



as the pie-crust. These ornamental leaves, flowers, &c., require only a sharp knife or pastry-cutter, good taste, and a tolerable degree of care, in order to insure success.

An examination of the following figures will convey a good idea of the manner of decorating raised pies and other ornamental dishes.



Fig. 1.



Fig. 2.

RAISED PIES DECORATED WITH ORNAMENTAL PASTRY CUTTINGS.

Figs. 1 and 2 may be decorated with the pastry trimmings shown above. Figures 3, 4, and 5, show the manner in which dishes may be garnished with jellies, vegetables, fried bread, &c. &c.



Fig. 3.

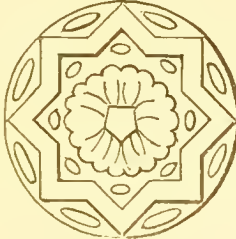


Fig. 4.

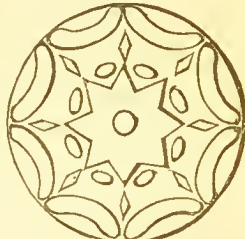


Fig. 5.

DISHES GARNISHED WITH VEGETABLES, FRIED BREAD, ETC.

The Figures 6 and 7 indicate the manner in which beet-root,



Fig. 6.



Fig. 7.

SALADS PREPARED FOR THE TABLE, ETC.

cucumbers, olives, and other fruits and vegetables may be cut so as to render a salad more pleasing to the eye, and to enable us to introduce various palatable and agreeable additions, such as capers, gherkins, yolks of eggs, &c. &c. In France, the salad thus formed is placed on the table, and the dressing is only added the moment before it is eaten.

Figures 8 and 9 are representations of *entremets*, or dessert. For



Fig. 8.



Fig. 9.

METHODS OF ARRANGING FRUITS, ETC., FOR DESSERT.

these dishes, fruits, such as apples, pears, plums, &c., are arranged on rice, covered with syrup, and garnished with preserved fruits—beignets, meringues, oranges, and other sugared things.

The six following engravings will show the various pyramidal



DISHES OF SWEETS, ETC., ARRANGED FOR DESSERT.

forms in which "sweets," &c. may be arranged for the table. Good taste in these little matters is of more real service than the most extravagant outlay.

CHAPTER XX.

PASTRY.

NOTHING is, perhaps, more difficult than to give clear directions for the making of pastry; for, in spite of all directions, the cook, unless she possesses both skill and taste, will not accomplish the requisite degree of success. What one person takes a life-time to learn imperfectly, another succeeds in almost at the first trial. In this branch of cookery everything depends on the cook; and unless pastry is made with a light hand, it is never good. In mixing flour and eggs together, for instance, to make the paste to be afterwards worked into crust, it is almost impossible, in writing, to give an idea of the exact consistence necessary to make good pastry. The paste ought to be thicker than batter, but not so thick as dough. It must be rolled very lightly; the butter and lard used in its preparation must be put in with the fingers, flour dusted over it, and rolled up with the hands; then rolled out with a rolling-pin. Some people prefer those made of glass for rolling, but wooden pins must be used for beating the paste. After it has been four times rolled and turned, it should, in cold weather, be kept till wanted for use in a warm place near to the fire; but in hot weather it should be put on ice for an hour before it is used. The importance of these directions may not appear at first sight, but practical experience will prove their utility. We shall follow the order of the best French cooks, their pastry being far superior to ours.

Des Echaudés.—The following receipt is for a description of very light paste much admired by the French:—Take two pounds four ounces of flour and lay it in a heap; make a hole in the middle, into which put half an ounce of salt dissolved in water, nine ounces of butter, and six eggs. If the paste be not sufficiently wet, add more eggs. Knead it with the hands upon the paste-board, which must be well dusted with fine flour. The paste must be then left for twelve hours. At the end of that time, make it into *échaudés* (which resemble the cracknell biscuits, only that they are much larger and thicker), and throw them into nearly boiling water. Shake the saucepan to make them rise, and when they have so risen, push them down with a slice. When they are firm to the touch, take them out and throw them into cold water, and leave them for two hours. Drain them on a sieve for an hour, and then place them on an iron oven-leaf, and bake them.

Des Tourtes, Flans et Tartelettés.—Make the bottom of the *pâtes brisée* (which see) and put it on a round piece of tin. Place round the edge a slice of flaky paste, called “*feuilletage*,” one inch thick and one finger wide. In the middle of the *frangipane* put preserved fruits or jellies.

Les Flans.—A *flan* is made with the same sort of *pâte à dresser*, roll out rather larger than the size of your mould, and turn the sides over so as to form a sort of wall, or edge, to your crust. Fill this with fruit, or marmalade, and bake.

Tartelettes are made precisely like the *tourtes*, but much smaller.

Lait d'Amandes.—Peel, skin, and pound, four and a-half ounces of sweet almonds; put in a little milk, and rub them through a fine sieve. Boil some milk, and reduce it to one-fourth; put the almonds into the milk, adding four and a half ounces of sugar, and five or six drops of orange-flower water. Boil up and serve.

Lait de Pistâche is made nearly in the same manner, except that you put three ounces of the pistachio-nut; and, to give it a good green colour, you mix a certain quantity of the juice of spinach.

Frangipane.—Put into a stewpan two or three eggs, with as much flour as they will absorb. When they are well mixed, moisten with a little milk and cook for a quarter of an hour, continually stirring. Add a little salt, sugar, and orange-flowers boiled in sugar, and powdered macaroons.

Gâteaux à la Crème is made with the same paste as the next, but instead of water, you use cream. It is cut round and baked on an oven-leaf.

Gâteaux d'Amandes.—Take three spoonfuls of flour, the same weight of butter and powdered sugar, three eggs, three ounces of blanched almonds pounded, and the rind (*zeste*) of a lemon. Mix together, and pound them in a mortar. Butter a mould; line it with a *pâte brisée*, and put in the mixture. Cover it with trellis-work of paste; put a slice of paste round the edge, over the trellis-work; rub it over with the yolk of egg, and cook in a very slow oven, or under a *four de campagne*.

Pains à la Duchesse.—These are made with the *pâté-royalé*, but a little stiffer. Make them in lengths of six or eight inches. Bake them; open them, and put in the inside one spoonful of any description of preserves.

Pâté de Brioche.—Take two pounds four ounces of flour; of this quantity put on one side nine ounces; make a hole in the middle of the mass of flour, and put into it half an ounce of beer yeast, that

has been well washed ; mix up with the hand, and as you proceed moisten with tepid water, taking care that it is all well and equally mixed ; roll it up, and put it into a wooden bowl ; make two or three incisions in it, and cover it in a cloth. When it has well risen, spread it out with the flour that you have put on one side, and add half an ounce of salt, one pound two ounces of fine fresh butter, and six eggs ; mix the whole well together, and powder it with flour ; knead it, and fold it two or three times. Leave it for eight or ten hours ; then make it into brioches, which should be like cottage loaves, only much smaller, and bake.

Pâté à Baba. — This is by far the most delicious cake made in France. It is sold by all the pastrycooks, and is frequently steeped in rum. It is made like the brioches, except that you add for each two pounds four ounces of flour, nine ounces of stoned raisins, two and a-half ounces of currants, half a tumbler of Malaga wine, a little saffron in powder. This paste ought to be softer and more wet than the brioches. Put it into a mould, leave it for six hours, and then bake.

Pâté Brises. — Take two pounds four ounces of flour, put into the middle one pound eleven ounces of fresh butter, half an ounce of salt, four eggs, and two tumblers of water ; mix the whole by degrees with the flour, roll it four times, and bake.

Pâté Croquante. — Take nine ounces of sweet almonds, blanched and reduced to paste in a mortar, add a little white of eggs, or orange-flower water ; place over a very slow fire in a stewpan ; add thirteen and a-half ounces of powdered sugar, turning continually till all is incorporated ; cut and shape this paste to your taste, either with a knife or a paste-cutter.

Pâté à dresser. — Place in a heap on a clean table, two pounds four ounces of flour ; make a hollow in the middle, into which put half an ounce of salt, thirteen and a-half ounces of butter, six yolks of eggs, and one tumbler of water ; incorporate the whole together, knead it well with the hands ; if the paste is too stiff, add a little water, and roll it out, and bake. If made for tarts, the paste should be made a little softer and more moist.

Pâté feuillée. — Take two pounds four ounces of flour ; make a hollow in the middle of the heap, into which put half an ounce of salt, two whites of eggs, two tumblers of water, and two ounces of butter ; mix together into paste, and let it rest for half an hour ; roll it out, and cover it with one pound two ounces of butter, which must be well stirred into the paste ; roll it up and leave it again to rest, then

roll it out three times, and let it stand. The less butter that is used the more rolling is required. When you want to use the above paste you must roll it out two or three times, and then make it up in the shapes or moulds you want.

Pâté Royale.—Put into a stewpan four and a-half ounces butter, four and a-half ounces of sugar, two tumblers of water, a pinch of salt, and the rind of lemon cut small; when the whole begins to boil, withdraw the stewpan to the side of the fire, and take out the lemon peel; add, little by little, as much flour as the mixture will absorb, and stir it continually; put the saucepan again on the fire for five minutes, continually stirring it. You will know when the paste has been long enough on the fire, because it will then leave the side of the stewpan; then put it into an earthenware basin, adding eggs, one by one, till the paste sticks to your fingers; butter an oven-leaf and flour it; make up this paste into balls the size of walnuts, stick into them blanched sweet almonds, and rub them over with yolks of eggs; flour them with powdered sugar, and bake them.

The same, cold.—All meats used for cold pies should, according to the French, be stewed in butter, and if turkey, hare, rabbits, or fowls be used, they should be boned. Ducks, pigeons, partridges, and larks, however, ought not to be boned. Ham should be previously cooked, and all other kinds of meat larded with bacon; veal, or fowl stuffing, mixed with bacon, should be prepared to fill up the pie.

Petits pâté are to be made with the *pâté de feuilletage*, rolled five times; the bottoms and sides should be cut with a paste-cutter or mould, and each layer be well fastened by being rubbed with a little water; fill the *pâté* with *godiveau*, quenels of fowl or fish, or with stewed oysters or lobsters; cover the top, rub over the yolk of an egg and cook under a *four de campagne*, or bake in the oven. They may also be made with the *pâté brisée*, filled with the meat, only in little balls and when baked the sauce added.

Ramequins must be made with the *pâté royale*, without sugar, moistened with eggs, and grated Parmesan cheese, mixed well together, and baked on an oven leaf.

Tourte d'Entrée.—Roll out to the size required, the *pâté brisée*, and put on a tin dish; fill the inside with any of the ragouts; cover the whole with the same description of paste, taking care to fasten the sides by wetting and pressing them together; glaze with the yolk of egg, and bake in a hot oven; when cooked, pass a knife round the *pâté*, lift up the cover, put in the ragout sauce, and serve hot.

Vole au Vent.—The French make this dish in the greatest perfec-

tion, and it is one much coveted by the English. Roll out to the size required a foundation of the *pâté brisée*, then of the same size the *pâté de feuilletage*, six times rolled; cover the *pâté brisée* with the second, which must be first moistened, and the two pressed together with a rolling-pin; cut slices of the *feuilletage* and lay them one on the other, round the edge, leaving the centre hollow. This is best done by having a tin mould in the centre. Bake it; fill the inside with the *ragout financier* (page 119), *ragout of mushroom*, or *financier*, or *fois*, or *mélange* (pages 120 and 121), or any of the ragouts (page 122). A cover of very thin *pâté à feuilletage* is baked at the same time, but detached. Some cooks, in baking the crust for the *vole au vent*, fill the inside with a piece of bread rounded at the top, on which the cover is placed, and when the crust is done, the cover is taken off, and the bread taken out. In France, in addition to the ragout, two, three, or four boiled crayfish are generally served on the top.

LIGHT PASTRY.

Amandes légères.—Blanch one pound two ounces of sweet almonds. Almonds to be blanched must be soaked in cold water and the skins taken off; cut them in little bits, and throw them into the beaten white of eggs, to which add thirteen ounces of powdered sugar; stir all well together, spread out upon white paper, and bake in the oven. *Biscuits aux amandes* and *aux pistaches* are made as

Biscuits aux avelines.—Take four ounces of filberts, and as much bitter almonds; throw them into boiling water, blanch, and let them get cold; then pound in a mortar, and while doing so add a little well beaten white of egg to prevent their oiling; whip well three whites of eggs to a strong froth; add the yolks of two eggs beaten separately, with two and a quarter ounces of powdered sugar; stir this mixture well together, with about a table-spoonful of fine flour rubbed through a silk sieve, and two ounces of powdered sugar; make a paper case, and fill it with this mixture; glaze with flour and powdered sugar; bake it in a slow oven, after the bread has been withdrawn; when done, light a handful of straw at the mouth of the oven to colour the biscuits.

The same, au Chocolat.—Take six fresh eggs, one ounce of chocolate in powder, four ounces of flour, and eleven ounces of sugar in powder; beat the whole up in a mortar, and bake in moulds or in paper.

The same, à la Vanille, et à la Cannelle.—Proceed as for the above, only use vanille or cinnamon instead of chocolate.

The same, au citron, or à l'orange.—Take six fresh eggs, the grated

rind of a lemon, four ounces of flour, and thirteen ounces of sugar in powder; make the paste in any form, place on paper, and bake.

Biscuits de Moscovie.—Take half an ounce of the rind of green lemons, an ounce of marmalade of orange-flower, and of marmalade of apricots, the whites of four eggs, three and a-half ounces of powdered sugar; whip the whites into a strong froth, pound together the lemon and the marmalades, and rub them through a hair-sieve. Add the sugar and the whipped eggs; put them in form on sheets of paper, and bake: when cooked, glaze with sugar and whites of eggs, and decorate according to taste.

Biscuits de Savoy.—Whip well the whites of one dozen eggs to a strong froth, and place it on one side. Beat the yolks with twenty-one ounces of fine powdered sugar, and mix altogether with thirteen ounces of flour and the grated rind of a lemon. Grease a mould with dissolved butter, fill it with the paste, and bake.

Gaufres, or Wafers.—Take three ounces of fresh cream, six and a-half ounces of very fine flour, eight and a-half ounces of powdered sugar, and a quarter of an ounce of orange-flower water. All these should be so mixed that the paste should resemble thick milk. Warm the *gaufres* irons, and grease them with a little dissolved butter. Put a spoonful of this mixture, and cover the irons—shut them up, and put them on charcoal. When done one side, turn them on the other, then take them out of the iron, and roll them on a piece of wood to make them round.—These are, in fact, the cakes called in Paris "*des Plaisirs*," the *gaufres* sold there being oblong, square, in crosses, and incapable of being turned—the difference between the two being merely in form.

Grillage d'Amandes.—One pound two ounces of sweet almonds, blanched and cut in four, longways, four and a quarter ounces of water, one pound two ounces of sugar: put them into a pipkin, and place them over a fire. When they crack, take off the pipkin and stir them with a wooden spoon. Add the grated rind of a lemon: cover the fire with cinders, and put on the pipkin, and stir till the almonds have taken the colour of caramel. Put, at the bottom of a dish, a layer of small sugar-plums. Spread over a layer of the *grillage* another layer of sugar-plums, &c., until the whole is used up, and dry it in a slow oven. Some cooks use moulds, which must be then rubbed inside with olive oil.

Grillage de Fleurs d'Orange.—Take eight and a-half ounces of sugar, four and a-quarter ounces of pickled orange-flowers: put these into a pipkin over a stove, or over some charcoal spread out on a

hearth (which must be fanned with a feather-fan all the time of cooking); the sugar, &c., must be strongly and quickly stirred all the time; and, as soon as the orange-flowers have acquired a good colour, squeeze into the mixture the juice of a lemon, and pour out.

Massepains.—Take one pound two ounces of sweet almonds, and five and a-half ounces of bitter almonds. Blanch and dry in a cool oven; pound in a mortar, adding a little well-beaten white of egg. Clarify one pound two ounces of sugar, withdraw it from the fire, stirring it all the time, that it should not burn, until it is cooked. [This is to be ascertained when it will not stick to the hand]. Turn it out on a table powdered with sugar, spread it out, and let it get cold. Cut it in forms to your taste, which place on a sheet of paper and cook in the oven. Glaze like the biscuits.

The same, au Chocolat.—The same as before; only add two and a-quarter ounces of powdered chocolate passed through a sieve.

The same, à la Fraise.—Prepare one pound two ounces of sweet almonds, as before described; add eight and a-half ounces of clarified sugar slightly boiled, six and a-quarter ounces of mashed strawberries passed through a sieve; and proceed as in the first receipt. This may be also made in the same way, with all sorts of fruit, or with any description of fruit, jelly, marmalade, or jam.

Macaroons.—These are made with the same paste as the *massepain*, except that the form is to be the size of half a walnut flattened.

Pain à la Fleur d'Orange.—The same as the next receipt, only use orange-flower water instead of the rose. These may be seasoned with saffron, aniseed, or cinnamon, or coloured with a small quantity of Prussian blue, or carmine.

The same, Souffles à la Rose.—Whip three pounds six ounces of sugar, in powder, with two whites of eggs, adding, by degrees, one ounce of orange-flower water, and a pinch of carmine in powder. The paste ought to be firm; roll it out on wafer-paper, cut it in shapes about as large as filberts. Place them on paper, sufficiently apart that they should not touch one another when they swell. Put them into the oven till they rise.

Savarin.—Take twelve and three-quarter ounces of oat-flour. Put on one side four and a-quarter ounces, in which put half an ounce of yeast with half a tumbler of tepid water. With the rest of the oat-flour put six eggs, nine ounces of fresh butter, four and a-half ounces of sugar, a pinch of salt, and a tumbler of milk. Beat the whole together until the paste is very light. Put it into a mould, and cook it in a slow oven for two hours at least.

CHAPTER XXI.

CONFECTIONERY.

SUGAR, the base of all sweetmeats, should be chosen of the best colour, well-refined, hard, and a little transparent. The French, in cooking, make seven degrees of sugar, up to caramel, the English only five.

Clarified Sugar.—Put from eight to ten pounds of broken loaf sugar in a preserving pan; beat the white of an egg with a tumbler (half a pint) of cold water, added by degrees; moisten the sugar with the half of this. Place the sugar over a very slow charcoal fire, let it rise twice before skimming, taking care it does not get too thick by adding a little water, until the scum is quite white; then throw in a tumbler of water to make all the scum rise, and skim it off and pass through a fine straining bag.

Petit et grand lissé—called in English first degree or candy sugar.—Boil the clarified sugar till smooth; to ascertain which, dip a skimmer into the sugar, touch it with the forefinger and thumb; and if, on opening them, a small thread draws between, and directly breaks and remains as a drop on the thumb, it is what they call the “*petit lissé*.” Continue the boiling and it will draw into a larger string, and become the “*grand lissé*,” or first degree.

Grand et petit Perlé.—For this the sugar should be boiled still longer; dip in the skimmer, and proceed with the finger and thumb as before. If the thread is thicker than the last, it is what it is called “*petit perlé*,” and if upon opening the hand the thread does not break, and little beads rise in the stewpan, it is at the “*grand perlé*,” or second degree.

Grande Plume ou grand Boulé—called in England second degree or blown sugar.—For this the sugar must be boiled still longer; dip in the skimmer, and shake off what sugar you can into the pan; then blow with the mouth through the holes of the skimmer, and if bladders or bubbles blow through, it is at “*grande plumé*,” or blown sugar; a little longer boiling will make it at “*grand boulé*.” When upon touching the skimmer with the finger there remains enough sugar to draw out and forms a ball.

Petite Plume ou petit Boulé—called in England third degree, or feathered sugar.—Continue the boiling; put in the skimmer; shake off as much sugar as you can; blow through the holes, and if it forms

into little bladders, the sugar is at the point called "*petite plume*." The "*petit boulé*," is when the sugar has been still longer boiled. Dip a stick in cold water, and then put it into the sugar; return it immediately to the cold water, and if the sugar adheres to it, it is done.

Petit et grand Cassé—called in England fourth degree, or crackled sugar.—Boil it still longer; dip a stick into the sugar; let it get cold, and put it into your mouth; if it sticks to the teeth, it is at the point called "*petit cassé*." Boil it longer, and when you dip the stick into the water, it becomes hard and snaps in the water, and will not adhere to the teeth, it is what is called "*grand cassé*," or crackled sugar.

Caramel—or what the English call the fifth degree—is produced by boiling the sugar still longer than in any of the former operations. Dip a stick into the sugar, then into cold water, and if at the moment it touches the cold water it snaps like glass, it will be at *caramel* height; which is the highest and last degree of boiling sugar. The fire must not be fierce, for fear of burning the sugar, which would discolour and spoil it.

Compotes d'Abricots.—Take as many apricots as you want for a dish; they should be ripe without bruises. Make an incision in each sufficient to extract the stone; put them into water in a preserving-pan, and boil them a few minutes; take them out and drain them, and throw them into clarified sugar. Boil them for fifteen or twenty minutes, and then take them out and arrange them symmetrically in your dish.

All sorts of fruit, such as plums, pears, and apples, may be thus preserved. If they are intended for keeping, they require a little more boiling; or a better plan is, to take out the fruit when done, and boil the syrup for a longer time, and put it over the fruit.

Currants or Grapes in powder.—Choose the finest, wash and dry them; take the white of an egg, dip the currants or grapes into it, and put them on a sieve. When they are dry, take the berries one by one, and dip them lightly in finely-powdered sugar, which has been rubbed and passed through a sieve. Then arrange the fruit on perfectly dry vine leaves, in the dish, and place it in the sun for a few minutes. This forms a most elegant dish.

Compotes aux Cerises.—Choose Morella cherries—cut half the stalks off, dip them in cold water and drain them; throw them into sugar cooked *à la Nappe*; boil for a few minutes, skim, and arrange them in your dish when cold. The rule is, half a pound of sugar to one pound of fruit.

The same, of Raspberries or Currants.—Precisely like the cherries.

The same, of Peaches.—Follow the same directions as given in the next receipt, only do not leave them over the fire so long.

The same, des poires.—Peel and put the pears in water, and boil them a little, to make them soft. Take them out, and cut them into quarters, and throw them into cold water to prevent their turning black. Throw them again into boiling water, and again into cold water; drain, and put them into sugar cooked *au lissé*, to which add the grated rind of two or three lemons.

The same, of Apples.—As the preceding, only add more sugar.

Gelée de Groseille.—Take either red or white ripe currants; pick them, and throw over a little water. Squeeze all the juice out (in a strong cloth) into a basin, then put it into a preserving-pan, with one pound of broken sugar to each pound of currant juice. Skim well, and boil for a few minutes; pass it through a sieve, and fill the jelly-pots. Put them into a dry place, to which the atmospheric air is admitted, for three or four days. Cover them with brandied paper, and tie them down with paper; they should be kept in a cool dry place. They may also be mixed with raspberries, in the proportion of one pound of raspberry juice to four of currants.

The same, of Apples.—Peel, cut, and core the apples; put them into a preserving-pan, with a sufficient quantity of water, till reduced to a pulp. Turn this into a jelly-bag, and when a quart has run out return it to the jelly-bag. Then place a cup, or small plate, at the top of the jelly-bag, on the fruit, with a weight thereon, to press out all the juice. Put into a preserving-pan the same weight of sugar as of apple juice; clarify, add the juice, and cook it *à la Nappe*. Fill the preserve-pots, and on the top of each pot put a little grated lemon-peel, that has been cooked in sugar; cover with brandied paper.

Marmelade d'Abriots.—Cut the apricots in quarters, take out the stones, and place a layer at the bottom of a brown pan; cover over with sugar, and continue in alternate layers until the pan is filled. Cover it over, and leave it for twelve hours in a cool cellar; then turn it into a preserving-pan, add the kernels from the stones, cook it to the degree called *en Nappe*: take it off and fill the pots, and tie up. Greengages may also be preserved in this way. Cherries are preserved in a similar manner. Quinces are to be cut in quarters, the pips taken out, and boiled in sufficient water; and when tender passed through a sieve—the proportions are, one pound of the pulp and one pound of the sugar, to be cooked to the degree called “*petit*”

cassé." Never let any preserve remain to get cold in the copper stewpan. Examine your preserve-pots from time to time, and change the papers when necessary. All preserves should be kept in a cool airy place. Damp will make them mouldy, and heat will cause fermentation, and turn them acid.

Strawberry Jelly.—Take one pound of small Alpine strawberries, and one pound of sugar; clarify the sugar; when clarified throw in the strawberries, and boil up; take out the fruit, boil the rest for a quarter of an-hour, then put in the fruit, and boil it once or twice more; take out the fruit, boil the juice again, and pour it over your fruit. Cherries, plums, apricots, peaches, and many other fruits, may be thus preserved.

Conserve des quatre fruits.—Take eight and a-half ounces of cherries, eight and a-half ounces of strawberries, eight and a-half ounces of raspberries, and eight and a-half ounces of currants; take off the stalks, and take out the stones from the cherries; pick the strawberries, raspberries, and currants (take care that none are bad). Rub the juice through a sieve, reversed, or through a cloth,—put the juice into a stewpan, and reduce it one-third by boiling; cook separately the sugar to the degree called "*cassé*;" add the juice of the fruit; let it boil for several minutes (stirring it all the time), till it rises: turn it out and let it get cold; then it must be preserved in paper cases. The quantity of sugar requisite is three pounds for each pound of juice of the fruit.

Patés de Groseilles et autres.—Take ten pounds of ripe red currants, pick and press out all the juice in a cloth, pass the juice through a silk sieve; clarify, and bring to the degree called "*cassé*," ten pounds of sugar; put to this the juice of the fruit, stir it continually, and you may know when it is done by being able to see the bottom of the stewpan. Withdraw it from the fire, have ready tin moulds, placed on slates, or sheets of copper; fill these moulds,—smooth them over with a knife, powder them over with fine sugar, passed through a sieve, and place them in a cool oven till the next day. Take the paste out of the moulds and place them on sieves; powder them with sugar; put them again in a cool oven, for the night, and then inclose them in tins, hermetically sealed, with a piece of paper between each, and keep them in a very dry place. You may add a sixth portion of juice of raspberries, which many think more agreeable. Any other description of fruit may be preserved in the same way.

Eau d'Anis.—Four and a-half ounces of aniseed, infused during one month, in three bottles of brandy, and one pound eleven ounces

of sugar, dissolved in three pints of water, passed through a jelly-bag, and bottled, will be found excellent to those who like aniseed. Gin may be used instead of brandy.

CHAPTER XXII.

LIQUEURS AND SYRUPS.

Curaçoa.—This most excellent liqueur being extremely dear here, we give the following excellent receipt, only remarking that the longer it is kept the better it will be. Take one gallon of the best pale brandy. Infuse in this, the grated rind of twelve Seville oranges, and one lemon, three pennyworth of saffron, and three pounds of the best loaf sugar; place all these ingredients in a jar, which shake well every day for six weeks. Pass the whole through a jelly-bag. If not perfectly clear, pass it through filtering paper, bottle it, and cork it up. In order that nothing may be wasted, you can make

Rum Shrub with the pulp of the oranges. Six pounds of moist sugar, and two gallons of rum, put into a jar, shaken every day for two months, strained as before directed, and bottle.

In Holland, where the best euraçoa is made, the spirit used is Hollands or Geneva. The only difference between the receipt we have given and the Dutch, is the spirit.

Our own Punch.—Take two quarts of green tea; two pounds of loaf sugar, the juice of eight lemons, one bottle of sparkling cider, one bottle of sherry, one bottle of champagne, one pint of brandy, half a pint of rum; one pound of red currant jelly, and four table-spoonfuls of euraçoa; mix all these well together, put them into a delicately clean stewpan, and boil, and when boiling, set light to the mixture with a piece of paper, and stir it as long as it will burn. If to be served hot, it should be served still alight; if cold, when it will burn no longer, it should be put into a bowl, and when a little cool, put on to some broken-up ice.

French Receipt for Punch.—Dissolve the sugar in a little water, and either oranges or lemons cut in two; let them infuse a few moments, and then squeeze over a sieve your fruit, so as to press out only the clear juice; pass the whole through a jelly-bag, and bottle it. This is kept for making punch. The proportions for three pints are two pounds four ounces of sugar, one and a-half pint of water,

one pint of rum, the grated rind of half a lemon, the same of orange, and the juice of two lemons.

Essence of Punch.—One ounce of powdered cinnamon, a little nutmeg, two cloves in powder, the grated rind of two lemons, and half an orange ; infuse these in a bottle of good wine, for forty-eight hours by the side of the fire ; pass it through a jelly-bag, filter it, and bottle for use. In making a greater quantity, you ought to diminish in proportion the rinds of the oranges and lemons, that they should not predominate too much when you make cold punch ; and that in making it hot, the flavour is more brought out. The punch should be made hot the moment only before serving, and great care should be taken that it does not boil, or the flavour is altered entirely.

Punch, à la Romaine.—In a sufficient quantity of water necessary for making this punch, squeeze a certain number of lemons, through a silk sieve, and add thereto rum, and maraschino, and place it on the ice to cool.

Ratafia d'Angélique.—Take the sprigs of angelica ; take off the leaves and cut them in pieces ; four and a-half ounces are sufficient for three pints of brandy, nine ounces of sugar, one and-a half pint of water, a little cinnamon and cloves in powder. Infuse this during two months, shaking it occasionally ; pass the liquor through a jelly-bag, and if not sufficiently clear filter it, and preserve in bottles.

The same, de Coins—(Quinces).—Grate some ripe quinces, and leave them to macerate forty-eight hours ; squeeze the juice through a cloth ; mix one quart of brandy to three pints of the juice of the quinces, and eight-and-a-half ounces of sugar ; put all into a jar for one month, shaking occasionally, and proceed as for the above.

The same, à la Fleurs D'Oranges.—Take nine ounces of orange flowers, and infuse them in a gallon of pale brandy, and leave them for three or four days, shaking them every day ; pass through a jelly bag ; add three pounds six ounces of sugar, dissolved in three quarts of water, and filter, if necessary, and bottle.

Ratafia de Noyaux.—Nine ounces of peach or apricot kernels ; infuse them for one month in a gallon of pale brandy, in a jar ; dissolve two pounds thirteen ounces of sugar in two quarts of water ; mix all together, pass through a jelly-bag, and filter through paper.

The same, de quatre Fruits.—Take thirteen pounds six ounces of ripe cherries, three pounds six ounces of merry (little black) cherries, three pounds six ounces of raspberries, and three pounds six ounces of currants, picked and stoned ; break up the whole, and leave them in a pan for two hours ; press out the juice, either through a sieve or

cloth; add to it one quart of brandy and four ounces of sugar for each quart of the juice of the fruit; put all into a large jar, and leave it for one month, shaking it occasionally; pass it through a jelly bag, filter, if not perfectly clear, and bottle it for use.

Sirap de Groseille.—For every one pound two ounces of currant juice, have one pound fourteen ounces of white sugar; take six pounds twelve ounces of currants, nine ounces of cherries (*Morella*), nine ounces of raspberries; take out the stalks and stones from the cherries, the pips from the currants; pick the raspberries, and press out all the juice, which will be thick and muddy; leave this for a day, or a day and a-half, in a cool cellar, then pour off through a jelly-bag, without disturbing the sediment; take the proportions indicated at the commencement of this article. Cook the sugar to the degree called "*petit cassé*;" add the juice of the fruit, stirring it all the time; boil it for a few minutes, withdraw it from the fire, turn it into a pan to get cold, and bottle it. Lemon syrup is made precisely the same, the proportions being ten ounces of sugar to eight ounces of lemon juice.

The same, d'Orgeat.—One pound two ounces of sweet almonds, four and a half ounces of bitter almonds, two pounds four ounces of loaf sugar, three pints of water, two and a quarter ounces of orange-flower water, and the grated rind of a lemon. The almonds must be blanched in cold water, and must be pounded in a mortar, adding, as you proceed, a little water, and the grated rind of a lemon. When it is made into a paste, mix with it a pint and a-half of the water, and put it into a cloth and squeeze out all the juice contained in the paste. This must be done by two persons, one at each side of the cloth. Put the paste again into the mortar, and mix it well with the rest of the water, and squeeze as before. Cook the sugar to the degree called "*petit cassé*." Withdraw it from the fire, add the milk of almonds, stir it well with the sugar, put it over the fire, stirring it all the time, till it has boiled some few minutes. Turn it out into a pan, let it cool; then throw on to it, and mix well with it, the orange-flower water, and pass the whole through a jelly-bag. Fill your bottles, and cork well. The bottles should be looked at from time to time, because the oil from the almonds frequently separates, and is found at the top of the bottle. Should this be the case, you must shake them well to keep the mixture perfect.

INDEX.

TABLE OBSERVANCES, CARVING, AND KITCHEN ARRANGEMENTS.

ANCIENT dinners, 9.
Attendance; or, table service, 32.
Bain Marie, the, 54.
CARVING of various dishes, poultry,
game, &c., 44.
Cutting, 24.
DESSERT, the, 41.
DINNER TABLE, the, 17.
Dinner service, the, 23.
Dishes in season, 42.
Entrées, 28.
Fish, 27.
French wines, price of, 38.
Gas in a kitchen, 59.
German wines, 40.
Kitchen arrangements, 52.
Laying or dressing a table, 25.
Moulds, 56.
Napkins, 56.
Ordering a dinner, 26.
Pastry, 31.
Poultry, 29.
Remuneration of cooks, 10.
Roast, the, 29.
Salads, 31.
Soups, 26.
Spirits, 39.
Table linen and napkins, 18.
Tools for cooking, 57.
Vegetables, 30.
Wines, various kinds of, 39.

SOUPS.

Apple soup, 68.
Barley soup, 82.
Bisque aux écrevisses, 81.
Bouillon, 63.
Bouillon aux écrevisses, 82.
Bouillon maigre, 79.
Cabbage soup, 80.
Carrot soup, 67.
Chestnut soup, 77.
Cocoa-nut soup, 77.
Colouring for soup, 64.
Consommé, 65.
Cray fish, a cullis of, 81.
Cullis of écrevisses, 81.
Giblet soup, 71.

Green pea soup, 74.
Harc soup, 72.
Jerusalem artichoke soup, 67.
Macaroni soup, 66.
Macaroni soup maigre, 66.
Mock turtle soup, 70.
Mulligatawny, 73.
Mutton stock, 69.
Ox-tail soup, 71.
Oyster soup, 72.
Pepper pot, 72.
Parsnip soup, 68.
Pea soup, 77.
POT AU FEU, 64.
Potage à la Jardinière, &c., 82.
Pig's-foot soup, 77.
Potato soup, 68.
Prawn soup, 80.
Rice soup, 66.
Sago soup, 66.
Semolina soup, 67.
Soup in haste, 67.
Soup maigre, 64.
Soupe Jullienne, and ditto maigre, 66.
Soupe à l'onion, 80.
Soupe à l'onion avec fromage, 19.
Soupe à la Cressy, 80.
Soupe à la Reine, 71.
Soupe Jullienne, 65.
Tapioca soup, 66.
Turnip soup, 68.
Turtle soup, 79.
Veal stock for white soup, 69.
Vermicelli soup, 66.
White haricot soup, 75.
White onion soup, 68.
White soup, 69.
Woodcock soup, 73.

FISH.

Bashawed lobster, 90.
Brill, 85.
Cold fish, 86.
Cod-fish, 85.
Cod-fish, Hamburg mode, 93.
Cut turbot, how to dress, 89.
Eperlans à la Provençale, 93.
Fillet of mackerel, 95.
Fillet de sole, 88.
Fish, how to choose and clean, 83.
Fish, how to cook, 82, 85.
Frogs, 91.

Haddock, 87.
 John Dory, 85.
 La friture, 83.
 Lobster curry and cutlet, 90.
 Lobster salad, 91.
 Mackerel, 86, 94.
 Muscles à la minute, 97.
 Oysters, 92.
 Pike, or jack, 90.
 Red mullet, 87.
 Rice and oysters, 92.
 Salade à homard, 91.
 Salmon, 83, 85, 97, 98.
 Salt fish, 85, 96.
 Salt herrings, 94.
 Sauce à la Mayonnaise, 89.
 Skate, the liver la Canopé, 97.
 Smelts, 93.
 Sole à la Normandie, &c., 65, 88.
 Spitch-cooked eels, 90.
 Stewed eels, 88.
 Sturgeon braised, 94.
 Trout, 90.
 Turbot, 83, 84.
 Water souché, 87.
 White-bait, 89.
 Whiting, 95, 96.

GRAVIES.

Aspic jelly, 100.
 Beef stock, 99.
 Gravy, the best, 98.
 Gravy, to enrich, 99.
 Gravy for game, 99.
 Good beef or veal gravy, 99.
 Good store gravy, 99.
 Meat jellies, 100.
 Veal stock, 99.

SAUCES, &c.

Apple sauce, 109.
 Allemande, 108.
 Anchovy batter, 109.
 Bechamel, 102.
 Blanc, 117.
 Black celery sauce, 107.
 Black butter, 102.
 Blond de veau, 117.
 Bouquet garni, 110.
 Braise, 118.
 Bread sauce, 103.
 Brown sauce, 116.
 Brown Italian sauce, 108.
 Brown roux, 101.
 Butter, to clarify, 102.
 Caper sauce, 106.
 Caramel, 110.
 Celery sauce, 106.
 Crab sauce, 103.
 Cray-fish butter, 110.
 Cream sauce for salmon, 104.
 Cocks' kidneys and combs, 118.

Coulis, 110.
 Crutons, 118.
 Dutch sauce, 102.
 Egg sauce, 102.
 Essence d'assortement, 110.
 Essence of ham, 107.
 Etouffade, 111.
 Financier et flamande, 119.
 Fowls, essence of, 111.
 French gravy, 112.
 French cooked stuffing, 119.
 Fennel sauce, 106.
 Friture, 119.
 Game, essence of, 111.
 Garlic, essence of, 111.
 Garniture de ragout, 121.
 German sauce, 108, 113.
 Glaze, 112.
 Godiveau, 119.
 Gooseberry sauce, 107.
 Green pease, 123.
 Ham sauce, 107.
 Horseradish sauce, 106.
 Italian sauce, 114.
 Indian sauce, 114.
 Jus, 112.
 Liaisons, 113.
 Lobster batter, 110.
 Lobster sauce, 103.
 Marinade, 119.
 Melted butter, 102.
 Mint sauce, 106.
 Miron, 105.
 Montpellier butter, 110.
 Mushroom catsup, 122.
 Oignons glacés, 120.
 Oil sauce, 117.
 Onion sauce, 108.
 Our own sauce, 109.
 Oyster sauce, 103.
 Parsley and butter, 106.
 Pease, green, 123.
 Petites racines, 120.
 Plum-pudding sauce, 109.
 Poêle, 113.
 Poor man's sauce, 115.
 Poivrade, 113.
 Prawn sauce, 103.
 Purée de champignons, 123.
 Purée de chicorée, 123.
 Purée de cardons, 123.
 Purée de carottes, 123.
 Ragouts, various, 121, 122.
 Ravigotte, 113.
 Remoulade, 113.
 Res de veau, 122.
 Robert sauce, 105.
 Roux, brown and white, 107.
 Salad dressing, 106.
 Sauces, to thicken, 101.
 Sauce à la crème, 117.
 Sauce à la maître d'hôtel, 104.
 Sauce à la Tartare, 105.

Sauce à la Guietard, 117.
 Sauce à la Provençale, 116.
 Sauce à la Romaine, 115.
 Sauce for wild fowl, 107.
 Sauce Genevoise, 104.
 Sauce in use for everything, 114.
 Sauce Orléanaise, 115.
 Sauce piquante, 105.
 Sauce poivrée, 115.
 Sauce ravigotte, 116.
 Sauce Robert, 105.
 Sauce vinagre, 115.
 Shalots, essence of, 111.
 Shalot sauce, 107.
 Shrimp sauce, 103.
 Sorrel sauce, 107.
 Soubissee, 104.
 Spanish sauce, 114.
 Stewed olive sauce, 108.
 Tomato sauce, 108.
 Vegetables, essence of, 111.
 Walnut catsup, 122.
 White celery sauce, 106.
 White roux, 101.

ROASTING, BOILING, & STEWING.

Brazing, method of, 143.
 Beef gobbets, 138.
 Beef, stewed, 137.
 Beef-steak pudding, 137.
 Beef-steak stewed with olives, 139.
 Beef-steak stewed with champagne, 139.
 Boiling, directions for, 133.
 Boiled beef, 134.
 Boiled breast of lamb, 135.
 Boiled lamb, 135.
 Boiled pork, 135.
 Breast of mutton stewed, 142.
 Breast of veal stewed, 140.

BROILING AND FRYING.

Calf's head, 153.
 Calve's feet, 153.
 Chickens, to boil, 136.
 Ducks, boiled, 136.
 Fillet of veal, boiled, 138.
 Fricandeau of veal, 141.
 German-stew, 141.
 Goose boiled, 136.
 Goose, to roast, 130.
 Ham, 134, 135.
 Haunch of mutton, 127.
 Irish-stew, 140.
 Lamb, 125.
 Leg of mutton, to boil, 133.
 Pickled tongue, to boil, 135.
 Pork, 125.
 Pigeons, to roast, 131.
 Rabbits, 131.
 Roasting, observations on, 125.

Roast capons, 130.
 Roast goose, with chestnuts, 130.
 Roast larks, 131.
 Roast turkey, stuffed, 129.
 Rump of beef, to roast, 127.
 Saddle of mutton, 127.
 Salt leg of pork, to boil, 135.
 Sausages, to boil, 136.
 Shoulder of mutton, to boil, 136.
 Sirloin of beef, 127.
 Stewfate, 138.
 Stewing, mode of, 137.
 Stewed beef-steaks, 139.
 Stewed shin of beef, 141.
 Stewed ox tongue, 141.
 Stewed rump of beef, 137.
 Turkey, to boil, 35.
 Turkey, to roast, 129.
 Veal, to roast, 127.
 Veal, stewed breast of, 143.

MADE DISHES, POULTRY, AND GAME.

Ailerons à la braizc, 164.
 Aspie de blancs, 172.
 Ballotini de faisán, 177.
 Beef, à la mode, 149.
 Beef and egg croquettes, 149.
 Beef kidneys, 150.
 Beef-steaks and mushrooms, 156.
 Bills of fare for every month in the year, 145.
 Black cock, 188.
 Blanquette de veau, 152.
 Boiled rabbit, 187.
 Boudin de faisán, 177.
 Brains of a doe, 175.
 Calf's liver, 150.
 Canard en salmis, 162.
 Capilotade, 165.
 Capons, various modes, 162, 163.
 Chartreuses de perdrix, 182.
 Civet de lapin, 187.
 Cold veal salad, 156.
 Compote de pigeons, 167.
 Compote en tartare, 167.
 Croquettes de faisán, 177.
 Croquettes de volailles, 172.
 Croustades avec haehis de bécasse, 173.
 Ducks, 161, 162.
 Emincée de faisán, 177.
 Emincée de venison, 175.
 Escalope de veau, 152.
 Fillet de canard, 162.
 Fillet de poulet au suprême, 167.
 Fillet de lapereaux à la chicorée, 187.
 Fillet of beef, 149.
 Foie de veau, 150.
 Fowl and rice, 167.
 Fricassée de poulet, 168.
 Fried rabbit, with mushrooms, 188.
 Friture à la velleroi, 169.

Friture de lapin, 188.
 Galantine of turkey, 165.
 Game, mode of cooking, &c., 172.
 Golden plover, 188.
 Godiveau à la Espagnole, 160.
 Goose, various modes, 166.
 Gray hen, 188.
 Grives, 179.
 Grouse, 188.
 Hash, how to make, 147.
 Hashed wild ducks, 179.
 Hare, various modes of cooking, 184.
 Italian dish, 155.
 L'Epigramme d'agneau, 160.
 Larks, 188.
 Lapin la croquettes, 188.
 Legs of ducks in macedoine, 161.
 Macaroni, 153, 154.
 Marinade aux herbes, 169.
 Mauviettes, 188.
 Minced veal, 159.
 Mutton cutlets, 150, 160.
 Ox tails, 148.
 Partridges, various modes, 179, 183.
 Pheasants, various modes, 176, 181.
 Pigeons à la Cardinale, 166.
 Pork cutlets, 159.
 Poularde à la Napolitaine, 170.
 Poularde poêle, 167.
 Poulet à la Marengo, &c., 170.
 Purée des bécasses, 174.
 Quails, 174.
 Rabbits, 187.
 Ragout de mouton, 157.
 Ragout de veau, 152.
 Rice and cabbage, 155.
 Riz de veau, 160.
 Roast ducks, 161.
 Roast rabbit, 187.
 Salmis à la paysanne, &c., 173, 174.
 Sauté de filets de bécasse, 174.
 Salmis d'oie, 166.
 Saucisses de venison, 176.
 Scotch collops, 157.
 Sheep's feet, 154.
 Snipes, 188.
 Sweetbread, 151.
 Thrushes, 179.
 Tripe, various modes, 148.
 Turkey, various modes, 165.
 Veal cutlets, 152.
 Veal and ham pie, 152.
 Veal rolls, 155.
 Venison, various modes, 175.
 Wild ducks, 174.
 Woodcocks, 173.

EGGS.

Boiled eggs, &c., 189.
 Buttered eggs, 189.
 Eggs, various modes, 190, 191.
 Fondue, 189.
 Omelettes, 191, 192.

VEGETABLES.

Artichokes, 194.
 Asparagus, 195.
 Beans, 202, 203.
 Brussels sprouts, 207.
 Cabbages, 198.
 Cardoons, 195.
 Carrots, 196.
 Cauliflowers, 200.
 Celery, 197.
 Endive, 202.
 French beans, 202.
 Green pease, 207.
 Gourds, 210.
 Haricot beans, 202.
 Jerusalem artichokes, 210.
 Lentils, 204.
 Lettuces, 204.
 Macedoine with vegetables, 204.
 Mushrooms, 197.
 Onions, 206.
 Potatoes, 208.
 Salsify, 210.
 Sourkrout, 198.
 Spinach, 201.
 Tomatoes, 210.
 Truffles, 211.
 Turnips, 205.
 Vegetable marrows, 200.

SWEET DISHES.

Apple cake, 211.
 Beignets, 212, 213, 214.
 Carroteake, 219.
 Charlotte de pomme, 215.
 CONFECTIONERY AND PRESERVES,
 several modes, 238.
 Creams, various, 215, 220.
 DECORATIONS for pastry, 227, 230.
 GATEAU à la madelaine, &c., 220, 221.
 JELLIES of various kinds, 223, 226.
 LIQUEURS AND SYRUPS, various kinds,
 242.
 PASTRY, various receipts, 231.
 SOUFFLES, 226.

Illustrated and other Works,

PUBLISHED BY WM. S. ORR & CO.,

LONDON.

LIBRARY ATLAS OF PHYSICAL AND POLITICAL GEOGRAPHY. Fifty-three Maps. Revised by A. PETERMANN. Letter-press by the Rev. T. MILNER. Imperial 4to, cloth, gilt edges, £2 2s.; half-bound russiā, £2 6s.

THE ATLAS OF PHYSICAL GEOGRAPHY. Constructed by A. PETERMANN, F.R.G.S. With Descriptive Letter-press, etc., by the Rev. T. MILNER, M.A., F.R.G.S. Imperial 4to, cloth, 2ls.; half-bound russiā, £1 5s.

A DESCRIPTIVE ATLAS OF ASTRONOMY, and of PHYSICAL AND POLITICAL GEOGRAPHY. By the Rev. T. MILNER, M.A. F.R.G.S. Royal 4to, cloth, £1 11s. 6d.; half-bound russiā, £1 15s.

ATLAS OF ENGLAND AND WALES. Forty-eight Maps, full coloured, cloth, 7s. 6d.; roan tuck, 8s. 6d.

BOOK OF THE COUNTRY (The); or, a Description of the Seasons. By THOMAS MILLER. Illustrated by BIRKET FOSTER. (*In the Press.*)

BON GAULTIER'S BOOK OF BALLADS. With Illustrations by DOYLE, CROWQUILL, and LEECH. Fourth Edition, imperial 16mo, 8s. 6d. cloth gilt.

CARPENTER'S WORKS ON NATURAL SCIENCE.

ANIMAL PHYSIOLOGY; a Comprehensive Sketch of the Principal Forms of Animal Structure. With several Hundred Engravings. Post 8vo, cl., 6s.

ZOOLOGY, and INSTINCT IN ANIMALS; a Systematic View of the Structure and Habits of the Animal Kingdom. In 2 vols. post 8vo, cl., 12s.

VEGETABLE PHYSIOLOGY AND BOTANY: the Structure and Organs of Plants, their Characters, Uses, etc. Post 8vo, cloth, 6s.

MECHANICAL PHILOSOPHY, ASTRONOMY, AND HOROLOGY. Post 8vo, cloth, 6s.

CHILD'S ARITHMETIC: a Manual for Nurseries and Infant Schools. Cloth, 1s.

CLARK'S DRAWING AND PAINTING IN WATER COLOURS. With Coloured Illustrations. Cloth gilt, 8s. 6d.

CALDWELL'S MUSICAL JOURNAL. Edited by ROBERT GUY-LOTT. A handsome 4to volume, music size, containing Forty-three Pieces. 5s.

CONFESSIONS OF CON OREGAN, the Irish Gil Blas. With Illustrations on Wood and Steel, by "PHIZ." Crown 8vo, cloth, 8s.

CUVIER'S ANIMAL KINGDOM. A New Edition. With additions by Dr. CARPENTER and Mr. WESTWOOD. Illustrated with very numerous Engravings on Wood, and Thirty-four on Steel, by LANDSEER and others. Royal 8vo, cloth, 21s.; coloured plates, £1 11s. 6d.

DORP AND THE VELDT (The); or, Six Months in Natal. By CHARLES BARTER, Esq., B.C. 6s.

DOWER'S GENERAL AND SCHOOL ATLASES.

The attention of Teachers is especially called to the following Atlases, which will be found, in fulness of detail, correctness, and neatness of execution, to surpass, while in prices they are much below, any similar publications. The whole of the Maps have been carefully revised and corrected to the present time. By A. PETERMANN, Esq., F.R.G.S.

DOWER'S GENERAL ATLAS OF MODERN GEOGRAPHY. Fifty-three Maps. Compiled from the latest and best Authorities. Copious Consulting Index, with the Latitude and Longitude. 21s., half-bound.

DOWER'S SCHOOL ATLAS OF MODERN GEOGRAPHY. Containing Forty Maps, and a copious Consulting Index. 12s. coloured, half-bd.

DOWER'S MINOR ATLAS. Containing Twenty-six Maps. Selected as giving the best general view of the Universe. With a Copious Index. 7s. 6d. coloured, half-bound.

DOWER'S SHORT ATLAS. Containing a Series of Maps calculated for the Use of Younger Pupils, with a Consulting Index. 5s. coloured; or 4s. plain, half-bound.

Selected by the National Board of Education for Ireland, and extensively used in the schools established by the Board.

DOWER'S OUTLINE MAPS, 4to. 3s. 6d. The following Maps comprised in this Atlas may be had separately, 3d. each:—Eastern Hemisphere—Europe—Western Hemisphere—British Isles—England and Wales—Scotland—Ireland—France—Asia—Africa—North America—South America.

DIAMOND POCKET DICTIONARY OF THE ENGLISH LANGUAGE; with Walker's Pronunciation of the Difficult Words. 1s.

DIAMOND POCKET DICTIONARY, French and English; with the Pronunciation of the Difficult Words. Royal 32mo, roan, 2s.

DIAMOND POCKET DICTIONARY, English and French. Royal 32mo, roan, 2s.

DIAMOND POCKET DICTIONARY, English and French, bound together. Roan, 3s. 6d.

EMERSON'S ESSAYS, LECTURES, AND ORATIONS. Complete Edition. Foolscap 8vo, cloth gilt, 5s.

EVERY LADY HER OWN FLOWER GARDENER: a Manual for Ladies Managing their own Gardens. By LOUISA JOHNSON. Small 8vo, 2s. cloth gilt.

EVERY LADY'S GUIDE TO HER GREENHOUSE. Small 8vo, 2s. cloth gilt.

THE FAMILY FRIEND: a Magazine of Domestic Economy, Entertainment, Instruction, and Practical Science, for Family Reading. In Weekly Numbers, 2d.; Monthly Parts, 9d.; and Quarterly Volumes, cloth, 2s. 6d. The "FAMILY FRIEND" is emphatically the Magazine for a Family. It is itself a "Gentleman's Magazine," a "Lady's Magazine," a "Servant's Magazine," and a "Working Man's Friend." It is a "Mother's Magazine," a "Youth's Magazine," and a "Child's Companion." It is, as its title correctly declares, a "Magazine of Domestic Economy, Entertainment, Instruction, and Practical Science." Complete sets of "THE FAMILY FRIEND," consisting of Twelve Volumes, in handsome uniform binding, may now be had for £1 10s.

THE FAMILY TUTOR, AND SCHOOL COMPANION. Complete in Six Volumes, strongly bound in cloth. 2s. 6d. each (sold separately).

FAMILY PASTIME; or, Homes made Happy. Being a Collection of Fireside Games, Puzzles, Conundrums, Charades, Enigmas, etc. etc. Three volumes, 1s. each (sold separately).

FLOWERS AND THEIR POETRY. By J. STEVENSON BUSHMAN, M.D., and DELTA, of "Blackwood's Magazine." Illuminated borders, cloth gilt, 3s. 6d.

FLORAL CABINET, containing nearly One Hundred and Fifty Plates of New and Beautiful Plants, coloured. 3 volumes 4to, cloth, £2 2s.

FLORISTS' GUIDE AND NATURALISTS' CALENDAR. 8vo, cloth gilt, 8s. 6d.

MILNER'S GALLERY OF NATURE. A Pictorial and Descriptive Tour through Creation, illustrative of the Wonders of Astronomy, Physical Geography, and Geology. With Sixteen Engravings on Steel, and many Hundred Vignettes and Diagrams. In royal 8vo, cloth, 18s.; morocco, £1 11s. 6d.

GREECE: Pictorial, Descriptive, and Historical. By CHRISTOPHER WORDSWORTH, D.D. With a History of the Characteristics of Greek Art. Illustrated by GEORGE SCHARFE, jun. Imperial 8vo, cloth. A New Edition, carefully revised. £1 11s. 6d.; morocco elegant, £2 5s.

THE MAGAZINE OF BOTANY, HORTICULTURE, FLORICULTURE, AND NATURAL SCIENCE. Conducted by T. MOORE, F.L.S., and W. P. AYRES, C.M.H.S. Botany: A. HENFREY, Esq., F.L.S., etc. The Literary Department contributed by the best Practical Gardeners in the country. Illustrated with nearly One Hundred Coloured Plates. In 3 vols. cloth gilt, £3 3s.

GARDEN COMPANION AND FLORISTS' GUIDE. By Messrs. MOORE, HENFREY, and AYRES. Cloth gilt, 15s.

HOYLE'S CARD GAMES MADE FAMILIAR. Cloth gilt,

DIAMOND BRITISH CLASSICS. A series of Miniature Editions of the most admired English Authors. Each volume elegantly bound in blue cloth, gilt, 1s.

Akenside's Poems.
Bacon's Essays.
Burns's Poems. 2 vols.
Butler's Hudibras.
Byron's Select Poems.
Castle of Otranto.
Cowper's Poems. 2 vols.
Crabbe and Richardson.
Dodd's Beauties of Shakspeare. 2 vols.
Dryden's Virgil.
Dryden's Poetical Works. 2 vols.
Elizabeth, or the Exiles of Siberia.
Falconer's Shipwreck and Smith's Sonnets.
Gay's Fables, and other Poems.
Gifford and Canning's Poems.
Goldsmith and Beattie.
Gray and Collins.
Grahame and Logan.
Gulliver's Travels. 2 vols.
Leland's Demosthenes. 2 vols.

Lyttleton and Hammond's Poems.
Milton's Paradise Lost.
Milton's Paradise Regained, and other Poems.
More's Sacred Dramas.
Paul and Virginia.
Pope's Poetical Works. 2 vols.
Prior's Poetical Works. 2 vols.
Rasselas.
Shenstone's Poems.
Sorrows of Werter.
Somerville and Mason.
Sterne's Sentimental Journey.
Theodosius and Constantia.
Thomson's Seasons, and Bloomfield's Farmer's Boy.
Vicar of Wakefield.
Watts's Lyrics and other Poems.
White's (Kirke) Prose Remains.
Poetical Remains.
Young's Night Thoughts.

The Publishers have prepared a neat Mahogany Case, with glass door, fitted to hold a set of the Classics. 8s. each.

A HISTORY OF BRITISH BIRDS, Indigenous and Migratory; including their Organization, Habits, and Relations; Remarks on Classification and Nomenclature; an Account of the principal Organs of Birds; and Observations relative to Practical Ornithology. Illustrated by numerous Engravings and Woodcuts. By WILLIAM MACGILLIVRAY, A.M., F.R.S.E., Professor of Natural History, Marischal College, Aberdeen. In 5 vols. demy 8vo, £2 12s. 6d., cloth. Volumes 4 and 5, which contain the "Water Birds," may be had separately, 18s. each.

THE LAND WE LIVE IN; with 443 Woodcuts, and 24 Steel Engravings. 4 vols. in 2, imperial 8vo, £1 10s.

MRS. LOUDON'S LADIES' FLOWER GARDEN. New Editions, carefully revised and corrected. These volumes contain beautifully coloured Drawings of above Seventeen Hundred of the choicest species of Garden and Greenhouse Plants and Wild Flowers; with Descriptions and full Directions for Cultivation.

ORNAMENTAL ANNUALS. In Forty-eight coloured Plates, containing upwards of Three Hundred Figures of the most showy and interesting Annual Flowers. 4to, cloth, £1 15s.; half-bound morocco, gilt edges, £2 2s.

ORNAMENTAL BULBOUS PLANTS. In Fifty-eight coloured Plates, containing above Three Hundred Figures of the most desirable Bulbous Flowers. 4to, cloth, £2 2s.; half-bound morocco, gilt edges, £2 10s.

ORNAMENTAL PERENNIALS. In Ninety coloured Plates, containing Five Hundred Figures of Hardy Perennial

Flowers. 4to, cloth, £3; half-bound morocco, gilt edges, £3 8s.

ORNAMENTAL GREENHOUSE PLANTS. In Forty-two coloured Plates, and containing about Three Hundred Figures of the most desirable Greenhouse Plants. 4to, cloth, £1 11s. 6d.; half-bound morocco, gilt edges, £2.

BRITISH WILD FLOWERS. In Sixty Plates, containing Three Hundred and Fifty Species, beautifully coloured. 4to, cloth, £2 2s.; half-bound morocco, gilt edges, £2 10s.

LANDSCAPE PAINTING IN WATER COLOURS. Being a series of Twenty-four Illustrative Designs and Coloured Diagrams, printed by the chromatic process; with Notes on the Theory and Instructions for the Practice of the Art. By **GEORGE BARNARD**, Professor of Drawing at Rugby School, Author of *Handbook of Foliage and Foreground Drawing*, "Switzerland," "Studies of Trees," etc. (*In the Press.*)

THE LADY'S CLOSET LIBRARY. By the Rev. **ROBERT HILIP**. Foolscep 8vo, cloth gilt, each 2s. 6d.

- | | |
|--|---|
| 1. The MARYS ; or, The Beauties of Female Holiness. | 3. The LYDIAS ; or, The Development of Female Character. |
| 2. The MARTHAS ; or, The Varieties of Female Piety. | 4. The HANNAHS ; or, Maternal Influence on Sons. |

LONDON TO DUBLIN: with a Trip to the Irish Lakes and the Mountains of Connemara, interspersed with Passing Glances at North Wales and the Manufacturing Districts of England. 5s. sewed; cloth, top edges gilt, 6s.

MEADOW'S ETCHINGS TO SHAKSPERE. Thirty-six Plates. 3s.

MEARNS ON THE CULTURE OF THE VINE IN POTS. 18mo, cloth, 2s.

MAIN'S HINTS ON LANDSCAPE GARDENING. 16mo, cloth, gilt edges, 2s.

MUDIE'S ASTRONOMY. Second Edition, royal 18mo, 4s. 6d.

MURRAY'S ENGLISH GRAMMAR. PINNOCK'S improved edition. 18mo, cloth, 1s. 6d.

POULTRY BOOK (The): comprising the Characteristics, Management, Breeding, and Medical Treatment of Poultry; being the results of Personal Observation and Practice of the best Breeders, including Captain W. W. Hornby, R.N., Edward Bond, Esq., Thomas Sturgeon, Esq., and Charles Punchard, Esq. By the Rev. W. W. WINGFIELD, Honorary Secretary of the Cornwall Poultry Society, and G. W. JOHNSON, Esq., Honorary Secretary of the Winchester Society for the Improvement of Poultry. With Twenty-two Pictures of the most celebrated Prize Birds, by Harrison Weir. Handsomely bound in cloth, £1 1s.

PAXTON'S MAGAZINE OF BOTANY; and Register of the most beautiful Flowering Plants which have been added to our Gardens during the last Sixteen Years. With upwards of Seven Hundred Engravings, carefully coloured from Nature. Subscribers to the Work who may have failed to complete Sets are respectfully informed that all Numbers and Volumes are now in print; but as it is intended to keep them in print only for a limited period, an early application is necessary.

PEITHMAN'S PRACTICAL GRAMMAR OF THE GERMAN LANGUAGE. 4s.

PEITHMAN'S PRACTICAL GRAMMAR OF THE FRENCH LANGUAGE. 5s.

PEITHMAN'S PRACTICAL GRAMMAR OF THE LATIN LANGUAGE. 3s.

The Author has attempted in these Popular Works to introduce to the English Learner the system on which the Languages are taught in the best and most successful schools of Germany, and although the number of English Schools into which they have been introduced is limited, he has the pleasure of knowing that they are highly appreciated wherever they are known, and that the numbers are daily increasing.

READINGS IN POPULAR LITERATURE. A Series of Books in all branches of Literature and Science, adapted for popular and family reading. 1s. each.

THE WORLD IN ITS WORKSHOPS: an Examination of the Fabrics, Machinery, and Works of Art in the Crystal Palace. In Two Parts. By JAMES WARD.

IRISH POPULAR SUPERSTITIONS. By W. R. WILDE.

TEN YEARS IN AUSTRALIA. By the Rev. D. MACKENZIE, M.A. With an Introductory Chapter, embracing the Latest Information regarding the Colony. Third Edition.

THE GOLD DIGGER IN AUSTRALIA. By the Rev. D. MACKENZIE, M.A.

THE GOLD REGIONS OF AUSTRALIA. By SAMUEL MOSSMAN.

HISTORY OF GOLD DISCOVERIES. By JAMES WARD.

GEORGE ROBERT FITZGERALD: HIS LIFE AND TIMES.

RAMBLING RECOLLECTIONS OF A SOLDIER OF FORTUNE. By W. H. MAXWELL, Esq., Author of "Stories of Waterloo," etc.

THE SLINGSBY PAPERS. A Selection from the Writings of JONATHAN FREEKE SLINGSBY, Esq.

THE SOLAR SYSTEM; or, The Sun, Moon, and Planets. By J. R. HIND, F.R.A.S.

BURTON AND ITS BITTER BEER. By J. STEPHENSON BUSHNAN, M.D., Fellow of the Royal College of Physicians of Edinburgh; Author of "Miss Martineau and her Master," "Homœopathy and the Homœopaths," etc.

CHRISTIANITY IN CHINA: its Origin, Present Progress, and Future Prospects; with a full Account of the Insurrection; and a Description of the New Christian Emperor and his Four Kings. Derived from authentic political and religious sources.

RICHARDSON'S RURAL HANDBOOKS. 1s. each. New Editions, improved and enlarged.

THE SHEEP AND SHEPHERDING: embracing the History, Varieties, Rearing, Feeding, and General Management of Sheep; with Treatises on Australian Sheep-Farming, the Spanish and Saxon Merinos, etc. etc. By W. M. MILBURN, Author of "The Cow," and of various Agricultural Prize Essays.

HORSES; their Varieties, Breeding, and Management in Health and Disease.

PIGS; their Origin, Natural History, Varieties, Management with a view to Profit, and Treatment in Health and Disease.

PESTS OF THE FARM, Animal and Vegetable; with Instructions for their Extirpation. A new and much enlarged edition.

DOGS; their Origin, Natural History, and Varieties; with Directions for Management and Treatment under Disease.

BEES; the Hive and the Honey Bee. The General Management of the In-

sects, and their Treatment in Health and Disease.

SOILS AND MANURES; the Improvement of Soils and the Rotation of Crops. By JOHN DONALDSON, Government Land Drainage Surveyor.

DOMESTIC FOWL; their Natural History, Breeding, Rearing, and General Management. A New Edition, with an Additional Chapter (with Illustrations) on the Cochín-China Fowl.

THE FLOWER GARDEN; its Arrangement, Cultivation, and General Management.

COWS AND DAIRY HUSBANDRY, and CATTLE BREEDING AND FEEDING. By M. M. MILBURN.

LAND DRAINAGE, EMBANKMENT, AND IRRIGATION. By JAMES DONALD, C.E.

RURAL ARCHITECTURE; a Series of Designs for Cottages, Farms, Small Villas, etc.

PHYSICIAN'S HOLIDAY (The); or, a Month in Switzerland in the Summer of 1848. By Sir JOHN FORBES, M.D., F.R.S., Physician to Her Majesty's Household. Cloth, 6s.

SHAKSPERE'S WORKS, KENNY MEADOWS'S Illustrated Edition. Memoir by BARRY CORNWALL. Nearly 1000 Engravings on Wood, and 36 Etchings on Steel, designed by KENNY MEADOWS. 3 vols. 8vo, cloth, £3 3s.; half morocco, £4; morocco, £4 14s. 6d.

THE PLAYS OF SHAKSPERE: revised from the best Authorities. Illustrated with Engravings on Wood, from designs by KENNY MEADOWS. 1 vol. imperial 8vo, cloth, £1 1s.; half morocco, £1 5s.; morocco, elegant, £1 11s. 6d.

SHAKSPERE'S PLAYS AND POEMS; with Illustrations on Wood and Steel, from Designs by KENNY MEADOWS. 2 vols. cloth, 28s.

SHILLING BOOKS FOR RAIL OR RIVER; with Illustrations. Square 16mo, stiff covers, each 1s.

THE RAILWAY JEST-BOOK.

JO: MILLER.

A SHILLING'S WORTH OF NON-SENSE, by the Editors of "Punch."

NEW TALE OF A TUB, by F. W. N. BAXLEY.

THE SERF'S DAUGHTER; a Story Descriptive of Northern Life. Translated from the Swedish by an eminent Authoress. With Illustrations, by WARREN. Price 1s.

TALES OF THE TRAINS. 18mo, cloth gilt, 2s. 6d.

TOULMIN'S (CAMILLA) POEMS. Foolscap, cloth, 5s.

SCALE OF MEDICINES (The), with which Merchant Vessels are to be furnished by Command of the Privy Council for Trade; with Directions for the Use of the Medicines, and for the Treatment of various Accidents and Diseases. By T. SPENCER WELLS, F.R.C.S., Surgeon, Royal Navy. 3s. 6d.

SCALE OF MEDICINES (The). By Dr. CHARLES M'ARTHUR. 12mo, cloth, 2s. 6d.

WALL'S GRAMMATICAL SPELLING-BOOK. 12mo, cloth, 1s.

WALKER'S MANLY EXERCISES. Instructions in Riding, Hunting, Shooting, Swimming, Sailing, Driving, etc. Edited and enlarged by CRAVEN. With numerous Illustrations. Post 8vo, cloth gilt, 6s. 6d.

WHITE'S NATURAL HISTORY AND ANTIQUITIES OF SELBORNE; with the Naturalist's Calendar. Copious Notes, by EDWARD BLYTH. Map and numerous Illustrations. Foolscap 8vo, cloth gilt, 5s.

WESTWOOD'S BRITISH BUTTERFLIES, and their Transformations. Exhibited in a Series of Forty-two coloured Plates, by H. N. HUMPHREYS, Esq., with Descriptions by J. O. WESTWOOD, Esq., F.L.S., etc. Demy 4to, cloth, £1 11s. 6d.; half-bound morocco, £2.

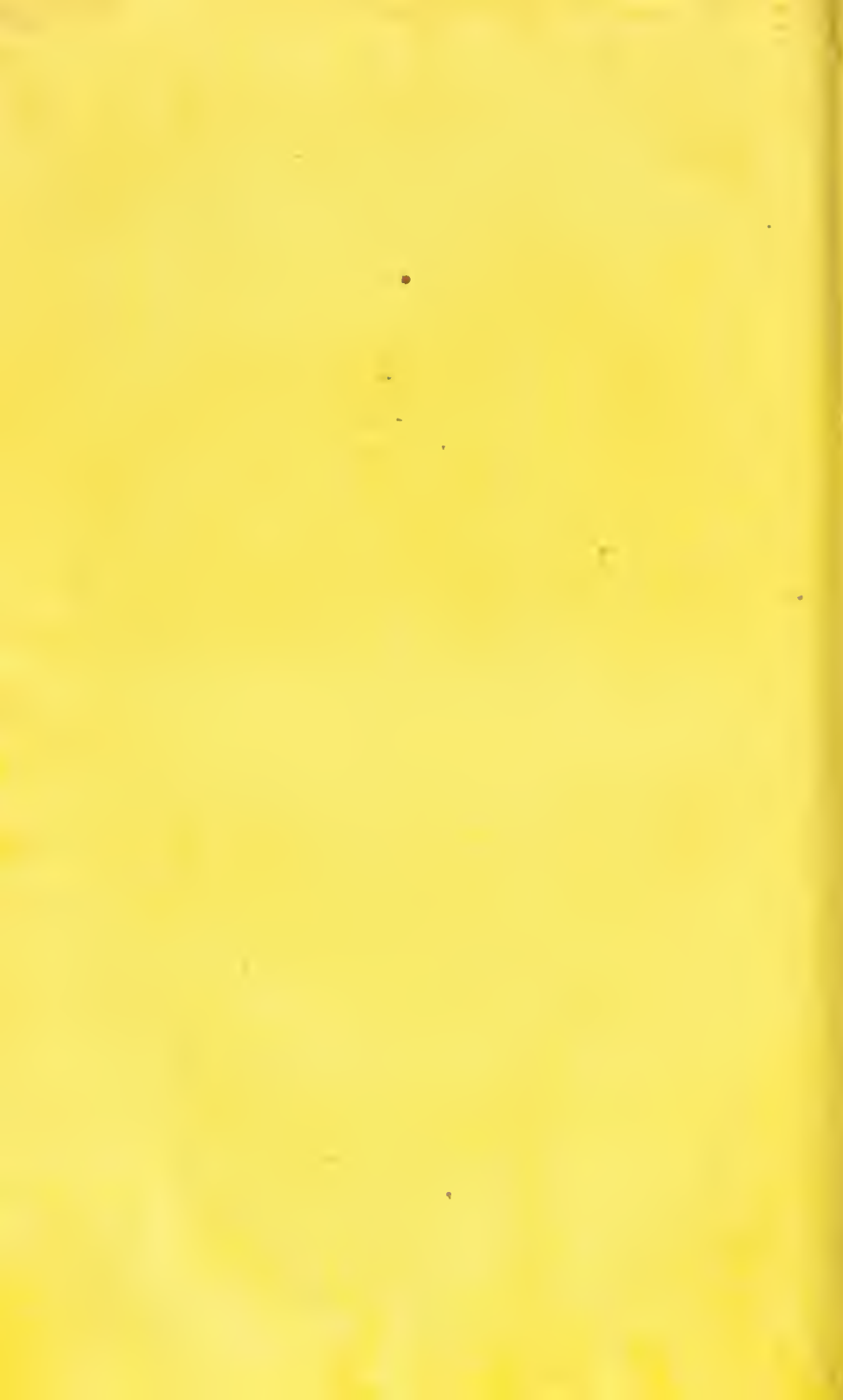
WESTWOOD'S BRITISH MOTHS, and their Transformations. Exhibited in a Series of 124 coloured Designs, by H. N. HUMPHREYS, Esq., with Descriptions by J. O. WESTWOOD, Esq., F.L.S., etc. In 2 vols. 4to, cloth lettered, £1 1s.; half-bound morocco, £5.

WORLD IN ITS WORKSHOPS. By JAMES WARD. Small 8vo, cloth, 2s. 6d.

POCKET COUNTY MAPS, showing all the Railroads and Stations, Coach Roads, Boundaries of Divisions, Hundreds, and Parishes, carefully drawn to Scale; the Number of Members of Parliament returned by each Borough or County, and the various Polling Places.

- | | |
|------------------|-------------------------------------|
| 1. Bedford. | 26. Northumberland. |
| 2. Berks. | 27. Nottingham. |
| 3. Buckingham. | 28. Oxford. |
| 4. Cambridge. | 29. Rutland. |
| 5. Cheshire. | 30. Shropshire. |
| 6. Cornwall. | 31. Somerset. |
| 7. Cumberland. | 32. Stafford. |
| 8. Derby. | 33. Suffolk. |
| 9. Devon. | 34. Surrey. |
| 10. Dorset. | 35. Sussex. |
| 11. Durham. | 36. Warwick. |
| 12. Essex. | 37. Westmoreland. |
| 13. Gloucester. | 38. Wiltshire. |
| 14. Hampshire. | 39. Worcester. |
| 15. Hereford. | 40. Yorkshire, N.R. 1s. |
| 16. Hertford. | 41. Ditto E.R. 6d. |
| 17. Huntingdon. | 42. Ditto W.R. 1s. |
| 18. Kent. | 43. Yorkshire, Four Sheets. 1s. 6d. |
| 19. Lancashire. | 44. Wales. Two Sheets. 1s. |
| 20. Leicester. | 45. North Wales. |
| 21. Lincoln. | 46. South Wales. |
| 22. Middlesex. | 47. England. |
| 23. Monmouth. | 48. Scotland. |
| 24. Norfolk. | 49. Ireland. |
| 25. Northampton. | 50. Isle of Wight. 1s. |





RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 3702

Microfilm No:

Date	Particulars
AUG 99	Chemical Treatment
	Fumigation
	Deacidification
	Renaissance HA Liquid Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

